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THE PORTUGAL News

Portugal's **National** Newspaper in English

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On page 28
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Algarve tourists to be taxed?

Tourists visiting the Algarve could soon be charged a new municipal tourism tax to visit the region, that is, at least if a mayor of one of Portugal's most popular destinations has his way. (See Page 3)

Young brothers perish in house inferno

Three brothers who had been sharing a bed while staying at their sister's degraded flat in Palmela south of Lisbon were this week trapped in a devastating blaze, succumbing to the fumes and flames. (See Page 4)

Most Portuguese don't trust gov't policies

More than 70 percent of Portuguese do not trust the policies implemented by the Lisbon government to combat corruption, an international study published this week has found. (See Page 7)

Algarve region with most road deaths

The Algarve is the worst region in Portugal when it comes to fatalities in road accidents as this year there were an additional seven deaths relative to the same period last year, between 1st January and 7th June. (See Page 13)

Faro Mayor candidate up-close with ex-pats

In an attempt to persuade foreign nationals to exercise their right to vote in municipal elections, Faro Mayor Candidate Macário Correia, current Mayor of Tavira, this week held a meeting dedicated to ex-pats. (See Page 56)

Weekend weather

Lisbon: Temperatures will soar this weekend in the capital, with thermometers sitting close to the mid-30s.
Faro: While not expecting to reach the 40-degree mark as some areas of the interior will this weekend, most resorts in the Algarve will hit 30° this weekend.
Oporto: The North will be one of the more comfortable places to be this weekend, with temperatures expected to reach maximums of around 26 or 27 degrees.

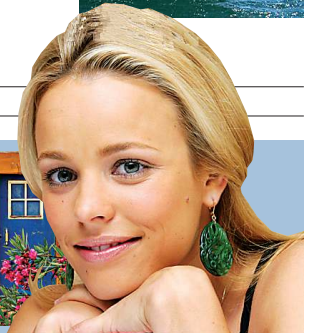
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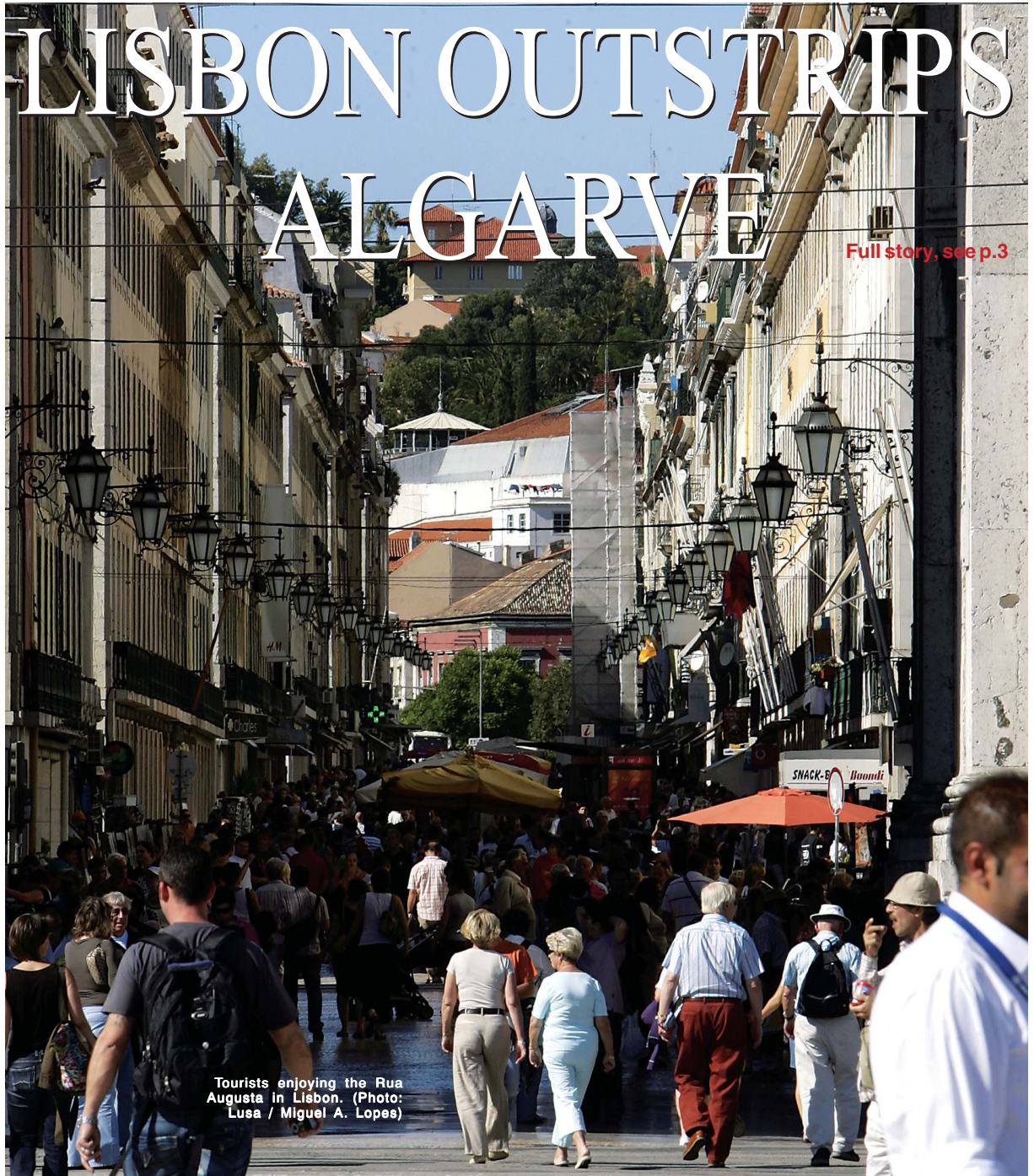
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**JUNE
Focus
on Pets**
see pp 53,
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**8 page
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Portuguese capital nearer to becoming the country's main tourist destination as hotel earnings climb



Full story, see p.3

Tourists enjoying the Rua Augusta in Lisbon. (Photo: Lusa / Miguel A. Lopes)

THE PORTUGAL
News



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UK airport 'development fees' shocked outbound tourists



Earlier this week a British visitor to the Algarve was charged a £10 fee for travelling from Blackpool airport. This is, according to Blackpool airport's website, a mandatory fee for all departing passengers as part of an airport development project (ADF).

The man, who wishes to remain anonymous, is a frequent traveller to the Algarve and believes attention should be drawn to this situation, particularly for individuals travelling to Blackpool for a holiday and who may not be aware of the fee awaiting them at the start of their return journey.

"There were two Portuguese individuals in the queue behind me when I flew earlier this week, and when they were asked for £20 they couldn't understand why they had to pay it. I had to explain", he told The Portugal News.

"I don't think they had any pounds on them, I believe they

may have had to pay in Euros".

On Blackpool airport's website it reads "The introduction of the Airport Development Fee (ADF) at Blackpool International will supplement continued investment from the airport to improve passenger facilities, develop the infrastructure and grow the route and airline network to offer a wider choice of destinations to our passengers and in turn, secure the airport's future here in Blackpool".

It continues to say that all adult passengers (16 years and over), departing from Blackpool International will be required to purchase a £10 ADF ticket, found in vending machines located be-

tween check-in desks and security.

All child passengers (15 years and under), departing from Blackpool International will require an ADF ticket but no fee will be charged.

It concludes "Blackpool International reserves the right to refuse access to its facilities to passengers not in possession of a valid ADF ticket".

"What with all the other fees airlines are now charging, this is disgusting", the man complained.

It has also emerged a similar fee is being charged in Newquay airport, one of the UK's fastest-growing airports, reportedly introduced on Saturday 29th Sep-

tember 2005.

Newquay airport passenger figures increased from 75,000 in 2001 to over 400,000 in 2007, and mid-level forecasts for the Airport predict that, by 2030, the annual number of passengers will have grown to over one million.

The £5 ADF fee is being charged mainly to secure Newquay airport's transition from military to civilian operation, to invest in alleviating existing capacity and operational constraints, expand the business in terms of new routes and airport related commercial activities, and to develop a long-term master plan as the basis for attracting private investment.

Lisbon outstrips Algarve



The difficulties facing the Algarve tourism industry have been well documented in recent months. While competition from cheaper destinations across the Mediterranean has been a thorn in the region's side for many years, it now appears it is facing competition for its throne as the country's top tourist region from an unexpected and unlikely source, with Lisbon hotels raking in almost double their Algarve counterparts according to latest available quarterly figures.

Last year, the economic weight of tourism at hotels in the Portuguese capital was put at 569 million euros, only 11 million euros behind the Algarve.

However, during the first quarter of 2009, the Lisbon and Greater Tagus Valley river hotel industry brought in 92.8 million euros compared with the 51.2 million euros obtained by the industry in the south.

Estimates are that even with the traditional upswing in tourist figures in the Algarve during July and August, Lisbon will still end the year as the country's most important tourist destination from a financial point of view.

The current global economic crisis has affected Lisbon far less than it has the Algarve, with tourism in the capital often being a mix of business and pleasure and is

not limited to seasonal holiday periods alone.

But Lisbon has in recent months also been the recipient of incessant praise from mainstream and travel media across the globe, which has further helped to push up its prominence among discerning tourists.

The New York Times recommended Lisbon as being the second "most interesting place on the planet to visit" behind Laos in December 2007. Lonely Planet, describing the Portuguese capital as a "seductive mermaid", ranked the city as one of ten cities to visit in 2009, while Yahoo Travel placed Lisbon as third in its top ten of cities to visit last year.

Hotels.com highly recommends Lisbon, having found it is one of only ten cities in the world where a night at a five-star hotel still costs less than 100 euros.

For tourists seeking even cheaper accommodation, Lisbon remains a top choice, with Hostelworld saying the world's top two hostels can be found in the city, with a further three Portuguese hostels listed in their top ten (two in Lisbon and one in Lagos).

Meanwhile, figures for 2008 show that Lisbon and the Algarve were separately roughly responsible for 30 percent of the nation's tourism, followed by Madeira with a figure of 15 percent.

Overall, the tourism industry represents revenue that annually totals 7.5 billion euros in Portugal, obtained from 13.5 million visitors to the country each year, employing around five percent (320,000 workers) of the country's working population.

However, the majority of these

workers are employed in Lisbon (101,000), followed by the North (84,000) and Central Portugal (61,000).

The Algarve comes a distant fourth, with 33,000 workers looking after guests who spent a total of 14 million nights in the region last year, almost double the 8 million recorded in Lisbon.

The sector currently accounts for 11 percent of Portuguese GDP and is expected to rise to 15 percent by 2015.

However, it is not all bad news for the southern most region of Portugal.

Listing 'ten alternative signs the recession is over', the Guardian in its edition on Thursday listed the Algarve's expected return to popularity amongst British tourists in coming months as one of the "signs" the economy has finally turned the corner.

Five star hotels feel the crunch

Hotels and self-catering apartments of three, four and five stars registered accentuated drops in occupation in May this year, compared to 2008. Globally speaking, there was a 13.4 percent drop in occupancy, with an average of 56.6 percent occupation.

Geographically speaking, the biggest drops in occupation were in Carvoeiro/Armação de Pêra (31 percent less); Vilamoura/Quarteira/Quinta do Lago (25.6 percent less) and Lagos/Sagres (14.2 percent less). The only area with a rise in occupation was Tavira, where occupation rates climbed

15 percent.

Monte Gordo/Vila Real de Santo António had the highest occupancy rate with 67.1 percent, whilst Faro/Olhão were the worst off with 47.2 percent.

Five star hotels and self-catering apartments felt the most accentuated drop in reservations, with less 38.8 percent sleepovers.

The British were the most common nationality of tourists, representing 48 percent of the total clients at hotels in the Algarve, followed by Portuguese (13.3 percent) and Irish (9.9 percent).

The total volume of sales dropped 17.5 percent compared to the same period in 2008.

Hotel revenue down

Between the months of January and April, revenue of hotels in Portugal dropped 14 percent in comparison to 2008, to €426.6 million, whilst occupancy at hotels also slumped 10.8 percent, revealed the INE (National Institute of Statistics) on Tuesday.

According to the INE, "After seven consecutive months of negative results, there were positive variations, of 2.5 percent, for sleepovers", mainly due to the "Easter effect", as it took place in April this year and in March the previous year.

Although revenue dropped in April, the INE believe that the results aren't as negative as they seem because of promotional campaigns, where hotels dropped their prices due to the slowdown of the tourism sector.

British, Spanish, Germans, French, Dutch and Italians continue to be the mainstream tourists, representing over 70 percent of all foreign sleepovers.

The Alentejo, Algarve and North had the most notable rises in sleepovers, compared to April 2008, whilst Madeira demonstrated the biggest drop. The average period of stay was of 2.7 nights, the same as in 2008. Camping grounds, holiday camps and youth hostels all had drops in the number of guests (less 4.4 percent).

Tourists visiting the Algarve could soon be charged a new municipal tourism tax to visit the region, that is, at least if a mayor of one of Portugal's most popular destinations has his way. Hotel groups have been swift to oppose the move, saying it will negatively affect tourism, but in a region which sees millions of tourists visit each year, charging a small fee could see the financially ailing municipalities in the region once more being able to balance their books.

The Mayor of Portimão has this week called for the creation of tax on tourists to boost the coffers of councils across the region.

Speaking to the Lusa News Agency, Manuel da Luz explained this tax would to some extent compensate the drop in revenues from property transfer tax and council tax in recent months due to the current financial crisis.

According to the Portimão mayor, revenue from IMI (council tax) and IMI (property transfer tax) has "fallen by between 25 to 30 percent", while neighbouring Lagoa Mayor told **The Portugal News** revenue from these sources have dropped by around 40 percent.

"Due to budgetary limits and the reduction in revenue, we have to think of new types of taxes, such as a municipal tax on tourists", said Manuel da Luz.

The proposal will be tabled during a conference being held in Portimão with the American marketing specialist, Philip Kotler, who will be accustomed to paying levies and taxes in most U.S. states when visiting as a tourist.

"If a tourist that is visiting us, and stays on for a few days, leaving behind 50 cents or one euro to the council, it would be revenue that makes perfect sense and would be significant due to the number of tourists we have", argued the mayor.

Algarve tourists to be taxed?

gued the mayor.

While Manuel da Luz believes that the values in question "won't be felt in the pockets of tourists" and, as a result, "will not act as a disincentive to tourism", hotels have already voiced their opposition to the move.

"At a time when the level of competition between destinations is high and when there is a drop in demand, launching this idea is completely absurd and lacking in sense", Elidérico Viegas, chief of AHETA (Association of Algarve Hotels and Resorts) was quoted as telling Lusa.

According to AHETA, it is not the value being charged which is the problem instead, the negative impact such a tax would have on the image of the region.

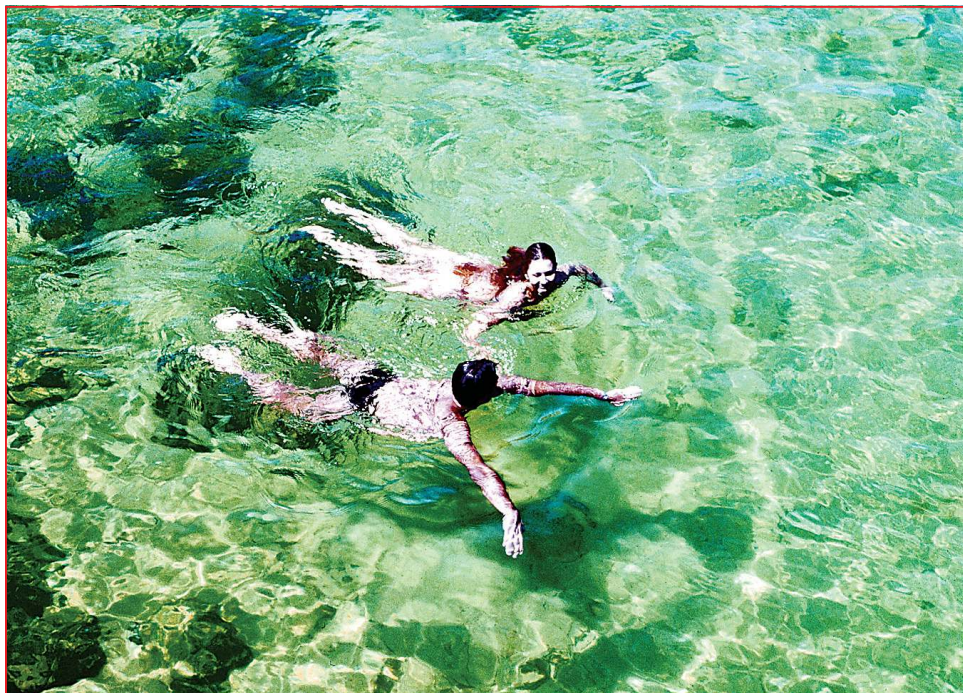
"The negativity of such a move would be so far-reaching that no promotional campaign would be able to undo the damage", cautioned Elidérico Viegas.

"Tourists already pay VAT in lieu of several taxes and making them pay more will be a disincentive to holidaying in the Algarve.

"There was a time when the Algarve Tourism Board wanted to charge a tax on tourists, but ended up not doing it when they realised the impacts it would have", he added.

But the Mayor of Portimão believes the tax will improve towns and cities and make them more appealing to tourists, who will benefit from improved infrastructures built with revenue obtained from such a tax.

But AHETA have suggested "councils look for new forms of revenue elsewhere" and should politicians insist in charging the tax, "Hotels will pay it out of their pockets to prevent tourists from being charged any taxes."



Tourists enjoying swimming amid the rocks pools in the Algarve. (Photo: RTA)

Algarve hotels to host 'swine flu' campaign



Next week regional Algarve authorities in collaboration with key hygiene companies are to launch a region-wide campaign aimed at raising awareness about the A H1N1 flu virus (commonly referred to as swine flu), for which leaflets and posters will be placed in hotels.

Reports emerged this week that a meeting will be held between the Regional Algarve Health Board (ARS) and the Algarve Association for Hotels and Tourist Resorts (AHETA) to draw up plans.

It has been suggested that the objective is to negotiate with businesses to put posters in hotels as well as preparing hotel staff who come into contact with tourists.

On the 25th of this month a debate to clarify the subject is being held at AHETA's main offices in Albufeira.

A press release issued prior to the meeting read "Following the World Health Organization's recent rising of alert level regarding the A H1N1 strain of flu virus to 6, the highest possible number (installed pandemic), the Regional Algarve

Health Board (ARS) in collaboration with the Algarve Association for Hotels and Tourist Resorts (AHETA) are organizing a clarifying session about this matter".

Topics listed for discussion during the meeting were 'Measures to be taken during a pandemic' and 'Flu A H1N1 - revision of the situation'.

Elérico Viegas, head of

AHETA, has confirmed that placing preventative leaflets in hotel rooms is a possibility, as well as distributing pamphlets and posters in Faro airport, maritime ports, and other points of entry for tourists. Placing informative papers in schools is another possibility.

Both possibilities, however, remain to be confirmed after next week's meeting.

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Young brothers perish in house inferno



Curious passers-by look at the remains of the fire-damaged house in Pinhal Novo on 15 June. (Photo: Lusa / Rui Minderico)



Three brothers who had been sharing a bed while staying at their sister's dilapidated flat in Palmela south of Lisbon were this week trapped in a devastating blaze, succumbing to the fumes and flames. The charred bodies of the three boys were found by distraught firefighters in an embrace. Their mother has since lost custody of her surviving children.

It is thought that the double bed in which the young boys, aged 12, six and two, were sleeping was completely surrounded by the fire before being engulfed. The boys are believed to have woken up as the fire spread throughout the room and huddled together for comfort.

The flat, located in an abandoned building in Pinhal Novo, Palmela was once a gymnasium and had been inhabited by the boys' older sister, Juliana, 21, and her boyfriend, a 35-year-old drug-addicted named Nuno César, for the past three years.

Also in the flat at the time of the tragedy was a friend of the couple's, a 50-year-old individual named Jaime who had previously been released from jail for drug trafficking.

All three adults managed to reach the building's roof and escape the inferno.

Nuno managed to flee to a friend's house where he allegedly

asked the friend for help; Juliana and Jaime were trapped on the roof and had to wait until the fire-brigade could rescue them.

After being rescued neither Jaime nor Juliana could explain why or how the fire started nor could they specify the exact location of the children.

Florinda Alves, 40, the children's mother, had seven children in total, five with her current partner Luciano Ribeiro, 45, who drives a tractor for a living, Juliana, and Juliana's younger sister Rosa, 19, with a previous partner.

Her two surviving younger children, a 14-year-old boy and 15-month-old baby, were taken into care following the incident.

Diogo, Tiago and Afonso, who perished in the fire, had been staying with the eldest sister as there were festivities going on in the town of Pinhal Novo.

Firefighters said that mounds of rubbish and clutter, including piles of clothes and an assortment of other objects, inside the building had made it more difficult to extinguish the blaze.

When emergency services arrived the property was blazing fiercely. Ten fire-fighting vehicles and 25 men were necessary to control and extinguish the fire, later joined by an INEM medical emergency vehicle.

Manuel Resende, Chief Fire-fighter for the Pinhal Novo brigade, said "when we arrived we found a house completely dominated by flames and two people on the roof asking for help. We didn't know there were children inside".

He explained that when they were found the children were already dead.

"We found three corpses, charred, on a wrought iron bed. The room was closed with the children inside".

Meanwhile friends of Juliana, who is unemployed due to an eye deficiency, have blamed her for not trying to save her brothers from the inferno.

One went as far as saying "she should have gone to them even if it meant dying inside with them. That is what I would have done".

It later emerged that the fire had ignited at around 06h45, somewhere on the ground floor of the building and had rapidly spread throughout the rest of the dilapidated building. The brothers are believed to have been sleeping in an attic.

Crisis blamed for surge in abortions



Since the beginning of this year the number of voluntary terminations carried out in Portugal has risen significantly, something health officials believe may be directly associated to the global economic crisis.

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At the Amadora-Sintra Hospital, which caters for 700,000 inhabitants, the majority of which suffer social and economic difficulties, voluntary abortions have risen by 23 per cent, while the birthrate is dropping.

Doctors fear this may be directly related to worries caused by the economic crisis and the impact it will have on extending families.

Artur Vaz, head of the Hospital's administration board, told the Lusa News Agency that during the first four months of the year 663 terminations were carried out at the Amadora-Sintra Hospital.

Women requesting abortions at the Amadora-Sintra are redirected to private clinics for the intervention as most doctors at that particular unit object to carrying them out for moral reasons.

Vaz highlighted that, in comparison to the same period of last year, this represented a 23 per cent rise in the number of voluntary terminations, while there has been a drop in the number of births, which currently totals in at around 1,000 since the begin-

ning of this year.

He was unhesitant in associating the current crisis and "scenarios of economic instability", as well as "fears of an unplanned pregnancy", to the rise in terminations.

An opinion shared by the executive director of the National Family Planning Association (APF), Duarte Vilar, who believes "there are more voluntary interruptions during crises".

He justified his opinion by saying "the margin for acceptance of an unexpected pregnancy is narrower" during such a time.

This theory was further corroborated by Lisbon abortion clinic Clínica dos Arcos, where thousands of the voluntary abortions that are carried out there are patients sent from public hospitals like the Amadora-Sintra.

The director of Clínica dos Arcos confirmed that between January and May this year 2,647 voluntary abortions were carried out there, 1,974 of which were sent from public institutions.

In comparison to the same period of 2008, this is a 24 per cent rise for Clínica dos Arcos.

Bad behaviour hampering teaching

Three out of four teachers feel that they lack incentives to improve the quality of their teaching, while bad behaviour by students in the classroom disrupts lessons in three schools out of five, according to a new OECD report prepared with the support of the European Commission.

The report is based on the new Teaching and Learning International Survey

(TALIS) and provides, for the first time, internationally comparable data on conditions

affecting teachers in schools based on survey findings in 23 participating countries.

Portugal to “fine-tune” flu plans as WHO raises pandemic alert to highest level



Last week the World Health Organisation raised the level of alert regarding the A H1N1 flu virus, previously referred to as ‘swine flu’, from five to six, its highest level and now a formal pandemic, though Portuguese health officials say this does not imply change for Portugal.

The head of Portugal’s National Health Board, Francisco George, said this latest development “does not reflect any immediate changes to the country’s epidemiological situation”, though he did recommend a “fine-tuning of contingency plans”.

“At this phase we recommend the fine-tuning of contingency plans in both the public and private sectors”, he said.

He stressed “it does not imply new measures”, but a double-checking of preparation so plans can be put in operation, for “if and when they may be necessary”.

So far there have been two confirmed cases of A H1N1 in Portugal and five suspected cases which spread as far as the Azores.

This week Britain counted its first swine-flu related death when a 38-year-old woman, named Jacqui Fleming, died shortly after giving birth.

Mrs. Fleming was in the later stages of pregnancy when doctors were forced to deliver the baby three months prematurely after she became so ill.

The baby died earlier this

week.

In reaction to the current developments, EU Health Commissioner Androulla Vassiliou and the Czech Minister of Health Dana Jurásková agreed on joint coordination following the formal declaration of phase 6 by WHO, which means that the National Pandemic Influenza Preparedness and Response Plans will be activated accordingly.

The Commission and the Czech Presidency of the EU agreed during the Extraordinary Health Ministers Meeting (30 April 2009) on priority actions to respond to this threat.

The Czech Presidency and the Commission will continue to play an active role in planning, coordinating and facilitating measures to contain and mitigate the effects of influenza A H1N1. The Commission works closely with the European Centre for Disease Prevention and Control (ECDC), the European Medicine Agency (EMA) and is in regular contact with the World Health Organisation and our international partners in the Global Health Security

Action Group in United States, Mexico, Canada and Japan (GHSAG). Meanwhile direct flights from Portugal to Mexico resumed this week when the first flight since the swine flu epidemic broke out departed at noon on Monday.

The White flight was carrying little over half of its full capacity when it departed, with 140 people on board the 237-seater aircraft.

Direct flights had been suspended in May, and as of this week there will be one weekly flight to Mexico.

According to an overall estimate drawn up last Friday by the World Health Organisation, swine flu has now infected 29,669 people in 74 countries and has caused 145 deaths.

Photo right: A laboratory assistant checks tubes with cell cultures in a laboratory of the Robert Koch Institute in Berlin, Germany, 09 June 2009 as the institute informed media on the current situation of the H1N1 virus. (Photo: EPA/Britta Pedersen)



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President honoured for Mediterranean efforts in Italy



Portuguese President Anibal Cavaco Silva has completed a two-day visit to Italy, during which he was honoured with a prize for contributions to Mediterranean solidarity and will discuss European Union issues with seven other EU heads of state.



(L-R) Presidents Heinz Fischer of Austria, Horst Koehler of Germany, Giorgio Napolitano of Italy, Laszlo Solyom of Hungary and Anibal Cavaco Silva of Portugal attend a press-conference after the Arraiolos summit in the Palazzo Reale in Naples on 13 June. (Photo: EPA/Tibor Illyes)

President Cavaco Silva was distinguished with the Mediterranean Institutions Prize by the Naples-headquartered Mediterranean Foundation for his "commitment and action" in favour of "solidarity and cooperation" among the region's countries, according to the foundation.

During his visit, he also joined

the presidents of Italy, Germany, Austria, Poland, Hungary, Latvia and Lithuania in debating EU issues in a meeting of the so-called Arraiolos Group.

The group takes its name from the Portuguese town where Cavaco Silva's predecessor, Jorge Sampaio, hosted a first presidential roundtable on EU issues in 2003. *TPN/Lusa*

Delays for UK passport applicants

The British Embassy in Lisbon is advising citizens living in Portugal and who may need a new passport for travel this summer to apply for one immediately as relocation disruptions at the central Passport and Visa issuing services in Madrid could entail delays.

According to a press release from the embassy, "As the British Consulate General in Madrid will be moving to brand new premises in July the Passport and Visa issuing services are likely to be disrupted during the period of the move between July 15th and 27th".

"If you are thinking of travelling over the summer, we strongly advise you to renew your passport or apply for your visa now to ensure that you have your documents when you need them", it said.

Any passport that is sent for renewal and which still has up

to 9 months validity remaining will have the still-valid time added as an extension to the full ten years validity.

In normal circumstances, the Consulate General aims to process all routine passport applications within 10 working days from receipt of a completed and correct application.

The new offices of the British Embassy and Consulate General in Madrid will provide customers with a more modern, customer-friendly environment, with improved facilities. At the same time, there will be an upgraded IT system to help provide a more efficient service.

For more information on how British nationals in Portugal can apply for a British passport, please visit the British Embassy website: <http://ukinportugal.fco.gov.uk/en/passports/>

Separate pet travel measures for five EU states

Transitional animal health requirements applicable to the movement of pet animals travelling with their owners to Finland, Ireland, Malta, Sweden and the United Kingdom are to be extended until 31 December 2011, according to a European Commission proposal adopted this week.

The transitional period granted to these five Member States to derogate from the har-

monised Community framework laid down in 2003, currently expires on 30 June 2010.

In accordance with the rules laid down in the regulation, pet dogs, cats and ferrets travelling with their owner for non-commercial movements to another Member State must be accompanied by a passport, or when imported from a third country by a certificate, providing proof of a

valid anti-rabies vaccination.

However, the regulation allows these five Member States to make the entry of pet animals into their territory subject to compliance with certain additional requirements in relation to rabies, tapeworms or ticks for a transitional period.

The Commission considers that the conditions for moving to a fully harmonised set of rules

throughout the EU that would avoid unnecessary burden for travellers are almost entirely fulfilled.

However, in order to ensure that the rabies situation in the EU improves even further, the Commission has this week proposed to prolong the transitional period for Finland, Ireland, Malta, Sweden and the United Kingdom until 31 December 2011.



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PM reiterates Socialist majority goal in upcoming elections



Prime Minister José Sócrates has reaffirmed his Socialist Party's goal of renewing its parliamentary majority in Portugal's upcoming legislative elections, despite a recent trouncing in European Parliament polls.

The Socialists were "united" and "energised" ahead of elections expected in the autumn, Prime Minister Sócrates said on Monday night, reiterating the objective of winning "a parliamentary majority that allows the Socialists to govern" on their own.

The party would adopt "an attitude of humility", recognising

"possible errors" of governance, in order to "affirm a project of the democratic left", he said before attending a partisan leadership meeting in Lisbon.

At its last congress in March, the Socialists declared a renewed parliamentary majority their goal in the legislative elections expected in September.

On June 7, the party lost votes

to both right and left in a low-turnout European Parliament poll that was won by the main opposition Social Democrats.

TPN/Lusa

Photo right: José Sócrates, during a political party meeting in the Largo do Rato, Lisbon on July 15th. (Photo: Lusa / António Cotrim)

Most Portuguese don't trust government policies



More than 70 percent of Portuguese do not trust the policies implemented by the Lisbon government to combat corruption, an international study published this week has found.

As a whole, Transparency International's 2009 Global Corruption Barometer reveals a growing distrust of business, the daily struggle of the world's poor with petty bribery and public unconviction of governments' anti-corruption efforts.

A total of 73 percent of Portuguese interviewed said that governmental measures to fight corruption were ineffective, making it the country with the fifth worst total across the European continent.

Israel was the worst placed in

Europe, with 86 percent of the population distrusting of their government's policies, followed by Lithuania with 84 percent, and Greece and Bulgaria with 76 percent.

A global public opinion survey, the 2009 Barometer reflects the views of more than 73,000 people from 69 countries and territories around the world.

"These results show a public sobered by a financial crisis precipitated by weak regulations and a lack of corporate accountability," said Transparency In-

ternational Chair, Huguette Labelle. "But we also see that the public is willing to actively support clean business. What is needed now is bold action by companies to continue strengthening their policies and practices, and to report more transparently on finances and interactions with government."

Echoing the findings of past editions of the Barometer, 68 percent of respondents saw political parties as corrupt, and 29 percent saw them as the single most corrupt institution in their country. The civil service and parliament trailed political parties, perceived by 63 and 60 percent of respondents respectively as being corrupt. The media, while not perceived as clean, scored best with just over 40 percent of respondents labelling the sector as corrupt and with only 6 percent seeing it as the single most corrupt domestic institution.

The 2009 Barometer shows that the poorest families continue to be punished by petty bribe demands. Across the board, low-income respondents were more likely to be met with bribe demands than high-income respondents.

"As economic growth shifts into reverse, poor households are increasingly forced to make impossible choices in allocating scarce resources," said TI Chair Huguette Labelle. "Do parents pay a bribe so that a sick child can see the doctor or do they buy food for their family? It is simply unacceptable that families continue to face these decisions."



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Report on EU-wide credit histories



European Commission President José Manuel Barroso (C), European Economic and Monetary Affairs Commissioner Joaquín Almunia and Irish European Economy Commissioner Charlie McCreevy (L) give a news conference on European Financial Supervision Package at the European commission headquarters in Brussels on 27 May 2009. (Photo: EPA/Olivier Hoslet)



The European Commission has published a report of the expert group on credit histories. The group had been mandated to identify solutions that would improve the access to and the exchange of consumers' credit data within the EU. The EC said the report and reactions to it will contribute significantly to the policy debate on responsible lending.

The report, which does not necessarily represent the views of the Commission, will be open for consultation until 31 August 2009.

Thanking the Group experts for their good work, Internal Market and Services Commissioner Charlie McCreevy said: "The current crisis has shown how much irresponsible lending can adversely affect the whole economy. The availability of complete and accurate credit data is essential in order for creditors to assess the borrower's creditworthiness and, thus, lend more responsibly".

The Commissioner further said that "Obstacles to the cross-border access to and exploitation

of credit data is also one of the barriers to the development of lending activities within the internal market. The group has done a valuable work in identifying solutions, whilst taking into account key data protection concerns. We will examine carefully its analysis and its recommendations. I welcome reactions from all interested stakeholders on this report."

The Expert Group on Credit Histories calls for action in a number of areas in order to improve the access to and the quality of credit data.

The report explains that credit data sharing between creditors is considered an essential element of the financial infrastructure

that facilitates access to finance for consumers.

The use of credit data in assessing borrowers' creditworthiness is key in order to enhance the quality of creditors' loans portfolios and thus reduce risks. It also assists creditors in complying with responsible lending obligations.

EU jobless rate up 0.8%

The number of persons employed in the euro area (EA16) fell by 0.8 percent (1,220,000 persons) in the first quarter of 2009 compared with the previous quarter, according to national accounts estimates published by Eurostat.

In the same period, the number of persons employed in the EU27 also decreased by 0.8 percent (1,916,000 persons).

In the fourth quarter of 2008, employment declined by 0.4 percent in the euro area and by 0.3 percent in the EU27. These figures are seasonally adjusted.

Consultation on how to ensure responsible lending and borrowing in the EU

The European Commission has this week launched a public consultation on "Responsible lending and borrowing in the EU".

This initiative, the EC said in a statement, should be viewed in the context of the Commission's

4 March 2009 Communication "Driving European Recovery" where it undertook to come forward with measures at EU level on responsible lending and borrowing.

Views from all interested

stakeholders are welcome by 31 August 2009.

Internal Market and Services Commissioner Charlie McCreevy said: "The financial crisis has shown the damage that irresponsible lending and bor-

rowing practices can have on consumers, lenders, the financial system and the economy at large.

"We are therefore determined to learn from possible mistakes to ensure that lending and borrowing takes place in a responsi-

ble manner. This public consultation will allow the Commission to gather views and ideas on the extent of irresponsible behaviour and to assess which measures may be most appropriate", he concluded.

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Final OK on high-speed train only after elections



The Portuguese government will likely only take a final decision on advancing with planned high-speed rail links to Spain in October, after scheduled legislative elections, Public Works Minister Mário Lino said Tuesday.

"The normal pace of things means that only in the next legislature, around October, will there be conditions, and not before, to sign the concession contract" for the first stretch of high-speed line from the Spanish border, Lino said.

He said the government was studying bids for the Póceirão-Caia stretch from two consortia led by Portugal's Brisa/Soares da

Costa and Mota-Engil, respectively.

Legislative elections are expected in September.

Opposition parties from both right and left have been very critical of the Socialist government's commitment to large public works projects, such as the high-speed train link to Madrid, at a time of global economic and financial crisis. *TPN/Lusa*

Ryanair website to close for 10 hours

Passengers travelling with Ryanair on June 25th should make sure they have completed the on-line check-in procedure before 18h00 on June 24th as the website will close that day at 19h00 for a 10-hour period.

Website www.ryanair.com will close down between 19h00 on Wednesday June 24th to 05h00 the following morning, Thursday June 25th, for "fundamental updating works".

In a statement sent to The Portugal News, Ryanair apologised for the inconvenience the maintenance may cause.

During the 10-hour pause, no flight reservations or other passenger services will be available as a result.

Earlier this year the airline confirmed its mission to gradually phase out all Ryanair check-in desks at airports by October 1st this year. On-line check-ins became mandatory for all bookings from May 21st and cost €5.

Passengers who booked their flights before May 20th will check-in at airport desks as normal, those who do not check-in online will be required to pay a fee to re-issue

boarding cards at the airport, at a cost of around €40.

Airport check-in will not be available to any passenger travelling after the 1st October 2009.

Ryanair spokesperson Daniel de Carvalho said "Ryanair's guaranteed lowest costs will allow 67 million passengers to travel this year on one of our 800 routes. To ensure our website continues to correspond to this immense demand due to our low costs we must update our system and temporarily close the page between 19h00 of Wednesday June 24th and 05h00 of Thursday June 25th. All passengers with on-line check-ins and who are travelling that Thursday should do the check-in and print their boarding cards before 18h00 on Wednesday June 24th".

Also as of May 20th Ryanair ceased to accept unaccompanied minors under the age of 16 for travel on flights from October 1st 2009 onwards.



Public Works Minister Mário Lino during a visit to the works on the new extension of Lisbon airport on June 4th. (Photo: Lusa / Manuel de Almeida)

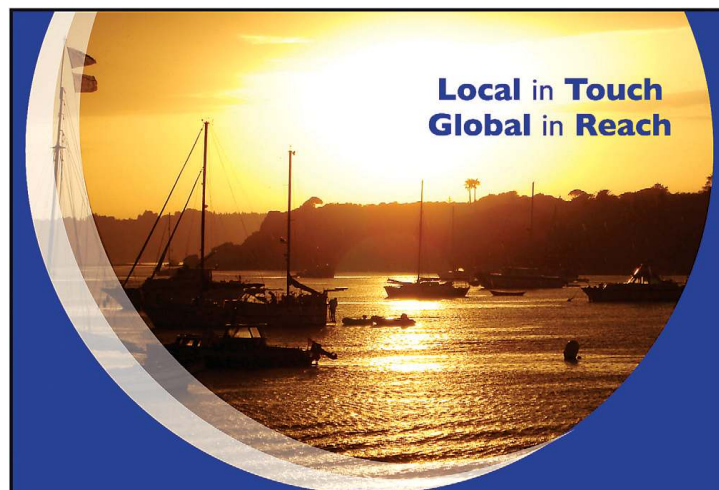
New safety standards for child care products

Member States across the EU this week gave the green light to two new child safety standards – for "childproof" locking devices for windows and balcony doors and child bathing articles – as part of a much broader drive to update safety standards for a range of child care products across the EU.

There are currently no EU standards for these articles. The new standards will ensure that window and balcony door locking devices are fully "childproof" as well as raising overall safety standards.

For nursery bathing articles, for example, bath seats for very young babies, the standards will improve the stability and safety requirements and impose new clear warnings for carers. Member States voted to give a green light to proceed with the new standards in a vote in the General Product Safety Committee on Monday.

EU Consumer Affairs Commissioner Meglena Kuneva, said, "It is for each parent or carer to judge how best to manage the safety of their children. Our concern is that for parents who do want to use these products, they must be safe. Instructions must be very clear, products must really be childproof if they say they are, and products must withstand all necessary safety tests. These products are used to take care of our most vulnerable consumers, there is every reason to be extra vigilant when it comes to safety."



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Street Rules in Iran



A demonstrator who was shot during a protest demonstration in the streets of the capital Tehran, Iran, on 15 June 2009. The rally was attended by hundreds of thousands of Iranians who protested against alleged election fraud at the presidential election which led to the re-election of President Mahmoud Ahmadinejad. (Photo: LUSA/EPA/STR)

The rules for street demos are different in Iran. Even in the most oppressive states the rulers know that outbursts of popular anger should be contained with as little violence as possible, but elsewhere the authorities always see deadly force as the final resort. Whereas in Iran, killing demonstrators practically guarantees that the authorities will lose in the end.

The demonstrations in Tehran have grown bigger every day since the presidential election results were announced on Saturday. By Monday there were hundreds of thousands of protesters on the street. The police and the various paramilitary forces had arrested and/or beaten hundreds of them, but the first shots were not heard until Monday night. That was not just good luck.

Most Iranians are Shia Muslims, and Shias have a great reverence for martyrdom. Kill a demonstrator, and you create a martyr. Kill a hundred, and you create a revolution. That was how the Shah was driven from power thirty years ago, and everybody on both sides in Iran should remember that very well.

The crowds demonstrating against the Shah's tyranny, his brutal secret police and his stridently secular policies in 1978-79 were almost entirely non-violent. Nevertheless, they were shot down in their hundreds and thousands by the forces of "law and order," who could not find any other way of dispersing them.

But the protesters kept coming back, with their dead in their arms, until they were exhausted — and then forty days later, when the mourning period was over, they were back on the streets again, offering themselves up once more to be killed. No regime can go on for very long once that starts happening. Its own henchmen become sickened by what they are being compelled to do, and start to desert it.

That is the secret music that drives the dance in Tehran's streets today. The regime of Supreme Leader Ayatollah Ali Khamenei and recently re-elected President Mahmoud Ahmadinejad (if you believe that he really won the election) knows that it must quell the protests without killing demonstrators and triggering a cycle of martyrdom. And the demonstrators know (though they will not admit it openly) that they need martyrs.

Did the regime really rig the election? There were no impartial foreign observers with free access to the polling stations to offer an unbiased opinion, but the circumstantial evidence gives cause for suspicion.

The outcome was announced much faster than usual: the normal three-day verification and declaration was skipped, and Ahmadinejad's victory was proclaimed only two hours after the polls closed.

There was a curious uniformity in the results from very different parts of the country. For example, even in Tabriz, the home city of the leading opposition candidate, Mir Hossein Mousavi, it was alleged that Ahmadinejad had won 57 percent of the vote. Yet the overwhelming majority of people in Tabriz are Azeris, who normally show a strong bias for ethnic Azeri candidates like Mousavi.

Above all, the margin by which Ahmadinejad is said to have won — 63 percent versus 34 percent for

Mousavi — seems incredible to most urban, middle-class Iranians. They would have accepted a close result, with both the leading candidates coming in under 50 percent and the other candidates dropping out for the second round. They would even have accepted a narrow victory for Ahmadinejad in the second round, but this just does not ring true for them.

They may be wrong. According to the Washington Post, an opinion poll conducted by phone from abroad on 11-20 May asked 1,001 Iranians all across the country their voting intentions, and concluded that Ahmadinejad was ahead by two to one — slightly better than his actual result. Despite some very awkward optics, there may not have been any actual cheating. But that matters less than what people THINK happened, and the issue will be decided in the streets of the capital.

All the other candidates have officially protested to the Supreme Leader about the election outcome, claiming fraud. Even a staunch conservative like Mohsen Rezaei, commander of the Islamic Revolutionary Guard Corps for sixteen years, says the election was rigged. "According to my election headquarters and my experts," he says on his website, "in a worst-case scenario I should have had between 3.5 million and 7 million votes." The official tally gave him fewer than 700,000.

If this is only a few days of protests about a stolen election, in a country which is only half-democratic anyway, then it doesn't matter very much. If it turns out to be the straw that broke the camel's back, then it is a very big deal indeed.

It could be, because thirty-year-old revolutions tend to have a big problem with a younger generation who benefited from some aspects of the revolution (the vast majority of young Iranians are literate, for example), but who chafe at its restrictions. In fact, generational turn-over is the biggest killer of ageing revolutions. We will know if that is going to be the case in Iran in a few days' time.

History does not run on rails. It's more like raindrops running down a window-pane, their course determined by tiny imperfections in the glass or fly-spots on the surface. If more than a dozen or so protesters are killed in the streets of Tehran, then the regime will be in truly serious danger. Even if Ahmadinejad really did win.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Bathing water quality improving in the EU



The annual bathing water report presented today by the European Commission and the European Environment Agency reveals that the large majority of bathing sites across the European Union met EU hygiene standards in 2008, with Portugal amongst the top performers.

During that bathing season some 96 percent of coastal bathing areas and 92 percent of bathing sites in rivers and lakes complied with minimum standards.

The report provides useful water quality information for the millions of people who visit Europe's beaches every summer.

Commissioner for the Environment Stavros Dimas said:

"High quality bathing water is essential for the well-being of European citizens and the environment – and this goes for all other bodies of water too. I am pleased to see that the overall quality of water in bathing areas is improving throughout the Union."

Professor Jacqueline McGlade, Executive Director of the European Environment Agency, added, "Information sources like this report and our web-based viewing tools enable citizens not only to check the quality of the bathing water in their local community or holiday destination, but also to allow them to get more actively involved in the protection of their environment."

Clean Sky initiative launched

A new generation of greener, quieter and more efficient aircraft moved a step closer this week, when the Clean Sky initiative launched a call for proposals for aeronautical R&D for a total value of €25 million.

Clean Sky is a first-of-its-kind EU wide collaborative private-public partnership, including the participation of SMEs, universities and research centres as well as leading aeronautics manufacturers.

This call is the first in what will be one of Europe's biggest ever research projects, with €1.6 billion to be invested up to 2014.

Site to help cut energy consumption

The European Commission launched today the BUILD UP web portal on www.buildup.eu as a tool for sharing information on reducing energy use of buildings.

Content will be regularly updated and enhanced by users themselves to cover a wide range of good practice in energy reduction and of information on legislation.



A hot spell at the end of May brought tourists to the beaches to enjoy the waves. (Photo: Lusa / Luis Forra)

Two billion euros to avert congestion of European sky



The SESAR Joint Undertaking, a unique public-private partnership in air traffic management (ATM) research and development founded by the European Commission and EUROCONTROL, has this week signed 16 contracts totalling €1.9 billion, for the creation of Europe's future ATM system.

These contracts mark the beginning of the execution of the SESAR programme. As it serves its vital long term objective – ensuring the sustainability of European air transport – the SESAR JU is also providing continued support for the ATM sector in the short term.

"In the context of a global recession, the financing and timely development of SESAR has become literally vital," commented Antonio Tajani, Commission

Vice-President in charge of transport.

"Public-private funding kicks in to support ATM research & development at a time when global economic uncertainty is prompting businesses to manage their cash with extreme caution. On top of green and safety objectives, SESAR will also contribute to the viability of the entire sector, as it will cut air transport operating costs in the longer term."

Based on the Single European sky legislative package, the mission of the SESAR Joint Undertaking (SJU) is to ensure the modernisation of the European air traffic management system by coordinating and concentrating all relevant research and development efforts in Europe.

Unless these efforts deliver their results on time, the European ATM system will be unable to face the projected growth of air

traffic.

By 2020, SESAR aims to create the capability to handle a threefold increase in traffic in Europe, while improving safety by a factor of ten. The programme also seeks to reduce by ten percent the environmental impact per flight thanks to significant fuel reduction.

The modernised air traffic management system in Europe should cut ATM-related expenses by half.



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Last weekend's performance of *Glorious* staged by the Algarveans in Lagoa was a highly enjoyable re-enactment of the intriguing story of Florence Foster Jenkins, otherwise known as the Diva of Din.

The story unfolds of a lady who was unable to discern her own inability to reach most notes correctly. But, she performed nevertheless until the pinnacle of her career when she appeared at the Carnegie Hall in New York to thousands inside and out, with 2,000 theatre-goers being turned away through lack of space.

Jenny Grainer directed the cast pictured above, clockwise from top left: Paul Capper, Gloria Costa, Sian Hughes Roberts, Paul and Sian, Sian at the Carnegie Hall

and Sandra de Tanna. David and Sue Butler-Cole also performed in the production.

We longed for the moments when Sian burst into her unmelodious arias and we were amazed to learn the grand piano was a fake, fabricated from bits and pieces in the space of a week. Well done to all those who worked so hard to achieve a great performance. Anyone interested in joining the Algarveans should contact the new chairman, Alison Slater on 282 358 014.

Eastern Algarve St Andrew's Society

The Eastern Algarve St Andrew's Society is hosting a Hog Roast in Azinheiro near Estoi on Friday June 26th at 7pm.

Price €15 (reduction for members). A vegetarian option is available if pre-booked.

There will be Scottish music and songs, and a warm welcome for all Scots and friends of Scotland.

For information please contact elspethflood@sapo.pt or ring 289 999335 or 915 547621.

11th Caldeirada Festival at Armação de Pêra

On Friday, 26th, Saturday, 27th and Sunday, 28th June, 2009 Armação de Pêra will host the eleventh Festival da Caldeirada.

"Caldeirada" is a typical Algarvian dish which con-

sists of stewed fish and sea food with potatoes, onions, tomatoes, pimentos, spices wine and olive oil.

A number of local restaurants, including our Por do Sol Restaurant participate, and as well as serving Caldeirada we will also have other typical fish dishes available.

Hotel Garbe will serve its 'Caldeirada feast' for lunch or dinner daily through the festival and both hotel guests and local residents are invited to join the celebrations.

For more information please contact Hotel Garbe mail@hotelgarbe.com Tel: 282 320 260



Caldeirada - fish stew

Children's Day in Vila Fria



Dra. Liliana Rodrigues, president of the charity, the CAFAP team and Dra. Lizete Ramão

More than 60 children enjoying a B.B.Q. lunch, face painting and games.

They also helped to paint the school which is to be used as a community project for under privileged families, by the char-

ity Castelo de Sonhos.

The entire day was organized by the Castelo de Sonhos.

The guest for the day was Dra. Lizete Ramão who is currently the delegate for the City Hall in Silves.

Business area project approved for Almancil



Loulé Council has approved a proposal for the construction of a 127,000 square metre business area in Almancil.

Representing an investment of over €11 million over eight years, the business area will boast a congress centre or a hotel; commercial, services and in-

dustrial shops; housing, and the headquarters of Almancil's Business Area, as well as multi-purpose equipment for all types of events.

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Algarve region with most road deaths



The Algarve is the worst region in Portugal when it comes to fatalities in road accidents as this year there were an additional seven deaths relative to the same period last year, between 1st January and 7th June.

The ANSR (National Road Safety Authority) revealed that eighteen people have died on Algarvean roads so far this year (until 7th June), with a total of four fatalities this month alone.

In all eighteen districts of Portugal, eight had an increase of deaths relative to 2008, with Faro showing the largest increase (seven more), followed by Beja, Leiria, Setúbal and Vila Real (five more each).

Ten regions had a reduction in

fatalities, and, as a whole, the number of deaths reduced from 301, in 2008, to 285 this year.

March was the month with most victims in the Algarve, a total of seven, in large contrast with April, when only one person died.

Faro's Civil Governor has shown her concern with these increasing figures and intends to increase traffic control over the summer season, as well as awareness campaigns, to reduce these tragic figures.

Faro's main access road to sustain complete overhaul

The busiest access road to Faro, part of the EN125, is to undergo several radical changes over the following years, transforming the area completely with the construction of a tunnel, a new roundabout, a four star hotel and a Transportation Centre.

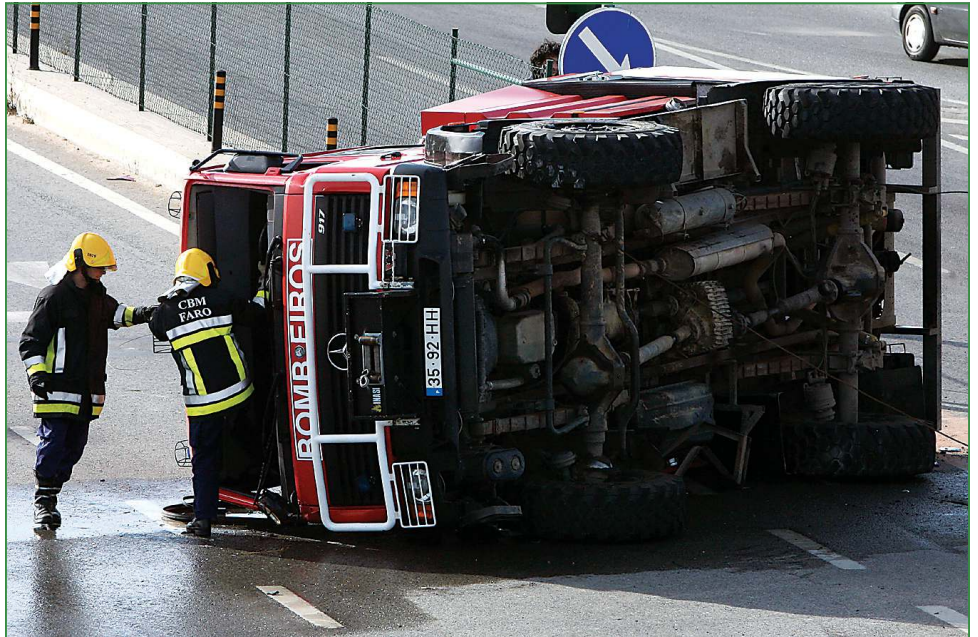
Last week Faro Council presented a project that will change the main access route to Faro completely. The EN 125 at the entrance of Faro is already known as a commercial area, due to the various car stands and the large shopping centres, and it is where the most dramatic changes will take place, such as a tunnel to be built after the petrol stations near the Forum Algarve Shopping Centre. This tunnel will allow traffic to flow better as they need not queue behind people heading to the shopping centre, who will make their way as usual, via the roundabout.

A Transportation Centre is to be built just off the EN 125,

on the access road to the Airport. This Centre will be the changeover spot for different types of public transportation and will eventually lead to the deactivation of the train line leading to the Ria Formosa.

A four star hotel will be a new tourist component for the access road, with the project waiting for approval in 2009 and commencing construction in 2010.

Another new important feature will be a new roundabout for people coming into Faro, from the Via do Infante, which will give access to the future third major urban route that will connect Faro to Olhão and Montenegro, via a new stretch of road in Penha and Vale da Amoreira.



Archived photo of an upturned fire truck after a crash with another vehicle on the EN125 close to Faro last year. (photo: LUSA/Luis Forra)

Albufeira with free transport to the centre of the city



The municipality is offering free transportation between the Feira Car Park and downtown Albufeira, with stops at Avenida da Liberdade and Pau da Bandeira. Every 30 minutes, between 9 am and midnight.

The Shuttle provides free transport for those who choose to park their cars with the comfort and safety that the Feira Car Park offers.

The car park P6, at Avenida da Liberdade and the P1 car park, near Pau da Bandeira, are under construction, which in the near future will provide the city with about 1,000 more parking spaces.

In addition to the Feira Park, the Town Council are also creating other alternatives for parking, next to the Beato Vicente and next to the Pescadores Bairro.

In the eastern area of the city a new car park has also opened recently with 150 parking places on the Sá Carneiro street, near the intersection Oura - Montechoro.

Faro to transform derelict shopping centre



Faro Town Hall is looking to turn a run-down shopping centre, which has practically no shops, into a cultural, commercial, and services centre.

Located in downtown Faro's main street, the 'Atrium Faro' has not had much demand in its two years of existence. Now only two of the thirty shops are occupied and the three cinema rooms have also recently closed down. Seeing the poor economic return from the shopping centre, despite its excellent location, the Council has elaborated a revitalisation plan for the area, which includes occupying some of the shops with local cultural associations.

The plan is to have half of the area destined to commerce, with the remaining spaces being occu-

pied by institutional services and local cultural associations.

José Apolinário, Faro Mayor, said the project should cost around €7 million, which includes the purchase of the building together with some renovations; adding that it will only be viable if private investors decide to participate and if maintenance costs are lowered (currently €17,000 per month).

He explained that the council's objective is "not to save a business", but to utilise the space for cultural purposes, public services and shops.

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Santo António brides wow Lisbon



Organised by Lisbon Council since 1997, the Santo António Weddings have been taking place in the Capital City since 1958. These weddings give the less fortunate couples the opportunity to have their dream wedding, from the dress to the honeymoon, absolutely free.

A total of sixteen couples comprised the 'Weddings of Santo António' last weekend, with five choosing to wed via Civil Registry and the remaining opting for the traditional wedding at the Sé Patriarcal, where the brides arrived in vintage cars and were received with cheers and applause from family members and passers-by.

After the wedding ceremony, which lasted just over an hour, the newlyweds took a group picture with Lisbon Mayor António Costa and paraded down the

streets until the Beato Convent, where poetry, dancing and music were part of the wedding celebrations.

Carla Rodrigues decided to be a Santo António bride as it was a long lasting dream of hers and admitted she was "living a true fairytale".

Tourists were marvelled with this tradition. "It is another proof that the Portuguese are, in fact, very loyal to their traditions. We are amazed" said João de Sabóia, who was visiting the capital City with his wife and children.



Santo António couples celebrate their union at the Sé Patriarcal convent, in Lisbon. (Photo: João Relvas/LUSA)

Teen mom on hunger strike outside court to prevent son's adoption

Ana Rita Leonardo gave birth to Martin at the age of 13 and, as she did not have the conditions to care for him, she handed him over to an institution. Recently, Cascais Family Court decided he should be adopted with urgency and so she has since staged a number of protests, the last being a hunger strike outside the Family Court.

The last time Ana Rita Leonardo saw her son was on December 20th 2008 at Aboim Ascensão refuge, and, after getting very distressed to see her leave, the Court decided she

should not visit him anymore.

On May 21st she was informed he was to be adopted with urgency.

Since that date, family and friends have staged four separate protests, outside Cascais Court, Aboim Ascensão Refuge, Cascais Social Security and this week Cascais Family Court.

She decided to stage a hunger strike, for one day and one night, outside Cascais Family Court, hoping someone would tell her "why there is such urgency in adopting Martin." Now 15 years

old, she promises to go to wherever it takes to get her son back, saying he has a loving family waiting for him and he needn't go anywhere else.

Ana Rita's sister was also with her during the hunger strike, feeling disgusted by the Court's decision, "because they didn't even give Martin the chance to be at home with his family." She also made a mass appeal "Please don't adopt Martin. Give Rita a chance to prove she is a good mother."

According to reports Cascais Family Court based their decision on the fact that Ana Leonardo had her child at 13 years of age and is herself from divorced parents. The judges alleged Ana's mother, Martin's grandmother, does not have the necessary conditions to support her family either, and that she suffers from depression.

It has now been six months since she last saw her son.

whilst their injunction was being evaluated and so renovations are still being carried out as normal, as at the moment there is no irreparable damage at the site. He claimed their request to stop construction was without reason as at the moment the work being carried out is underground, with the sanitation, and that only in August, after the final architecture project is approved, will construction begin in the public space.

Carlos Barbosa, President of ACP, is accusing the Mayor of carrying out construction borderline on the law and ignoring ACP's and society's warnings, in order to use this project for his electoral campaign.

At time of going to press, the Court's decision was still not known on the injunction.

Injunction against Terreiro do Paço works

A huge row between ACP (Automobile Club of Portugal) and Lisbon Council has broken out relative to the renovation works at Terreiro do Paço, in Lisbon, with ACP contesting the new traffic circulation project.

The ACP filed an injunction at the Administrative and Fiscal Court of Lisbon on June 9th regarding the new model proposed for the flow of traffic in Terreiro do Paço, which seeks to reduce traffic in the area.

The following week, ACP sent a press release to media saying construction work at the site had ceased by Court order due to their injunction.

This was not true though, as António Costa, Lisbon Mayor, explained that the Court had rejected their request to cease construction

Cascais train network overhaul



Refer will be upgrading the 'Linha de Cascais' rail network's safety over the following years with a €45 million investment. The installation of the most technologically advanced control centre system in the country should be complete by 2014.

The National Rail Network (Refer) will be installing the ERTMS (European Rail Traffic Management System) at the 'Linha de Cascais', a programme which allows all of Portugal's trains to inter-operate with other trains in Europe. The €45 million investment will see the replacement of all the signalling infrastructures, speed controls and telecommunications of the network and should be concluded by 2012, at a time when new suburban trains will be put

into operation by CP (Portugal Trains).

This will only be the first phase of the modernization of the network, followed by the replacement of the whole rail line. This measure is absolutely necessary as the 'Linha de Cascais' was last renovated in 1975.

The relaying of the tracks should be ready by 2014, which is included in the €160 million budget of Refer's activities at the 'Linha de Cascais' until 2016.

The same project was set to begin in 2006 but the Govern-

ment halted construction due to lack of funds and only now, after three years, has the process initiated again, mainly due to the degradation of the 'Linha de Cascais', which is showing evident signs of ageing.

All the train stations of the network will be completely renovated as well, in order to provide a safer and more comfortable environment for passengers, as well as giving the stations of the network their own image.

Sweet Eighteen

When I turned "sweet sixteen", I traded my high school boyfriend, temporarily, for Mr. Mims, my driving school teacher. He was short, soft-spoken and honest. Plus, he showed me an infallible technique for parallel parking. Within four months I learned the rules of the road as well as how to navigate them. Once he was certain I would succeed, Mr. Mims escorted me to the Maryland Department of Motor Vehicles and waited for me outside. I took the written test, passed and then passed the practical as well. My Portuguese friend Luisa, who lives in Alapraia, wasn't as lucky. When she turned 18, her parents didn't have the money for driving school. After she married, her husband didn't want her to drive. (No comment.) Finally, at age 38, after some prodding from me, she saved her meager salary and enrolled in a popular Linha driving school. After she attended the required "theoretical" classes, she be-

gan her practical course with an instructor plus one other young student. Fast forward to the day of the test. In Luisa's words: "We had passed the written part and then it was time for the practical. The test administrator, who was a friend of our instructor, congratulated me on a fine performance. But, the other young woman ran through a stop sign and failed." If that were the end of the story, we'd all understand, but here's what happened next. The test administrator told the two women "You both pass, or you both fail." But in order for them both to pass, they would have to pay him "extra." Luisa barely had enough money for the course, and if she failed, she would have to repeat the course, fees and all. They both slipped the man his money, they both passed, and now we have yet one more unqualified driver on the roads.

I couldn't let the story rest. So I called the newspaper Costa do Sol for them to investigate. They were hesitant (when I saw ads for

the driving school in their paper I understood why). However they told me that if Luisa would tell her story, names and all, they would consider printing it. But Luisa backed out, and the case never advanced. Last week I took my godson, Carlos, to a São João driving school to enroll. Same story: considerable fees (€774), 28 hours of required theoretical classes and then 32 hours of driving experience. "I don't understand," I told the secretary. Portugal requires numerous hours in driving school, stringent "tests" and yet it has horrible drivers." Silence. Then she shook her head in the affirmative and said, "Last week a man of 77 came here to enroll. He had the necessary papers from his doctor saying he was in good health, so we had to take him." Age wasn't the main problem. The secretary told me the man could barely walk! She couldn't imagine how he could press down on the pedals, but because he had the certificate from his doctor, he would start the classes along with Carlos.



Westheimer

In a money strapped economy, I can imagine many ways to make money, but putting unsafe drivers on the road seems both irresponsible and marginally legal. Then I asked if Carlos would have many others in his class.

"We're full," she told me and smiled in the self-satisfied way successful business people do. She added, "The classroom is so full that the students who come late have to stand in the back."

Now I realize why Cascais Villa is so empty. All the 18's and over are at the driving schools, which must be, along with the pharmacies, the best businesses in town.

patwestheimer@gmail.com

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Once you get through the online licensing process, paid the fee of €287,06 and have a licensed installer company, you can count the days you start receiving money from EDP instead of paying you monthly bill. After 120 days from license request to inspection, EDP will automatically deduce your electricity consumption (actual tariff: 0,12 €/kWh) from your electricity production. A monthly production tax free income of €300 is the estimated 12 month average value.

The professional installation involves some construction work for the new EDP meter and cable channels from the inverter to the meter. The basic PV system of solar panels, in-

verter, meter with modem for automatic remote reading, cables and installation works costs about €20,000.

This initial investment has an average payback time of 6 years or less. Solar systems are mostly free of maintenance and have a life expectation of 25 years. Although tariffs might change in the future (consumption and feed-in), the law guarantees, that the feed-in tariff will never be lower than the consumption tariff. Another condition to get this special bonus tariff is a 2m2 solar hot water collector, which gives you even more possibilities to save on fossil energy consumption, reducing gas bills up to 80%.

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They make your installation a solid and sustainable income, treating all the paper work and registration and giving you the best material for attractive prices and professional installation.

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Dona Karen introduces new treatments



Already established as one of the Algarve's leading beauty salons, Dona Karen is continuously striving to stand above the rest. The salon's most recent additions are set to be a huge success as they are award winning treatments that will be exclusively used by Dona Karen in the Algarve.

"I have people coming in from as far as Lisbon for single treatments" says Karen, regarding her CACI Ultra treatment, which has been proven to be one of the best non-surgical lifting treatments in the world; just see how it has worked for celebrities such as Barbara Windsor, Sir Cliff Richard, Zoe Ball, Anthea Turner, Mel Gibson, Dale Winter, Gillian Telford, and many more.

CACI International (Computer Aided Cosmetology Instrument) has become the preferred non-invasive treatment for celebrities all over the world as it provides visible results after the very first treatment and, after the initial course of ten treatments, follow ups are only required every 4 to 6 weeks.

The CACI Ultra treatment works in three separate phases which ultimately take years off your age. Firstly, the ultra-sonic actuator gives the skin a deep cleansing by exfoliating dead skin, dirt, sebum and black heads. Secondly, a micro-current wrinkle comb using a laser is applied to deep wrinkles, which in turn stimulates the production of natural collagen and restores natural qualities of the skin. Both these phases are completed with a lifting process, the procedure for which the CACI is most famous. In this process, probes are put on the facial mus-

cles to tone them up. This stage is so relaxing that very often clients fall asleep during treatment, says Karen, alleviating people's fear that these non-invasive treatments are painful.

Karen is also proud to introduce Diane Summers, a highly trained Aesthetic Specialist. She has worked with top plastic surgeons at the crème de la crème of private medicine, Harley Street.

She is now moving over to the Algarve permanently, working in conjunction with Karen, offering beauty treatments such as Botox, derma-fillers, lip enhancements and Radiessé.

For those who do not know, Radiessé is a revolutionary derma-filler which is set to take the world by storm. It recently won the 2009 Injectable Product of the Year award at the Aesthetic Medicine Awards. This innovative treatment has 12-18 month longevity, well above most leading dermal fillers, and gives immediate results, requiring little or no recovery time. Its synthetic microspheres support and stimulate the growth of the body's own collagen and, as it is biodegradable, it is gradually broken down over time and absorbed by the body. To ensure the Radiessé has the desired effect, a follow up visit is scheduled a few months after the initial treatment for a free top up, if required. It is the new best-thing and is being exclusively offered in the East Algarve at Dona Karen.

Diane also has extremely competitive Botox prices, ranging from €195 for one area, to €325 for three areas, the best rates in the Algarve.

Moveis Malheiro extends furniture range with dedicated 'outdoor' area



Moveis Malheiro recently inaugurated a 750 square metre open-air yard totally dedicated to outdoor furniture of all shapes and sizes, greatly increasing their already overwhelming assortment of furniture for all rooms and occasions.

Amongst the new items are sun loungers, al-fresco dining sets, children's play equipment, decorative accessories and beautiful, one-off contemporary pieces of outdoor furniture like a Cinderella pumpkin carriage style bed in wicker.

All materials, iron, wood, plastic, etc., are specially treated to withstand all weather. Inside the shop, spread over two floors, are thousands of individual items to suit any possible taste, design and budget. From all styles of beds to dining sets, chests of drawers, sofa sets, rugs, lamps and figurines, whatever your

home requires furniture or accessory-wise, if you can't find it at Moveis Malheiro, you probably won't find it anywhere.

"We love to help clients find what they want - all they have to do is ask and usually we can find something to suit all requests", says Dona Isolete, owner of the family-run business.

Moveis Malheiro's items are handpicked, individually sourced from trade fairs, collections or catalogues, and while they jam-pack the huge showroom they are, according to Dona Isolete, just a "sample" of what is available for the client to choose from.

The showroom is open weekdays from 09h00 till 19h00, (closed 13h00 - 15h00) Saturday mornings. It is located in Malheiro, Portimão, between the Barlavento Hospital and Monchique/A22 access. Follow signs posted on the Malheiro roundabout.



The Moveis Malheiro team (L-R: Carmen, Isolete and Paulo) at the International Algarve Fair with The Portugal News' Marilyn Holmes.

Lingua Franca, your virtual office

Need an office but can not afford one? Too busy to answer your phone?

Times are tough and savings are being made wherever possible, so if you are a small business starting up and can not afford to employ staff, or if you have had to downsize your company's human resources but can not afford to let the business spiral out of control, then Lingua Franca may be the ideal solution.

Lingua Franca, which is part of The Portugal News group, has five years solid experience in helping to build other people's businesses. Over those years it has built up a large portfolio of prominent clients who use the service, including one of Portugal's largest banks as well as many small, individual businesses and one-man companies.

With Lingua Franca you can guarantee phone calls are always answered in a friendly and efficient manner, representing an enviable image for your company without the commitment of long-term staff. Calls can be answered in your name, in languages including English, Portuguese and German.

The services include as little or as



much as your business needs, from simply taking calls and forwarding messages to brochure mailing and dedicated phone lines for sales enquiries.

Lingua Franca can handle all aspects of customer relations for your business to blossom, including sales, the sending of brochures and information, forwarding messages, etc. leaving you free to manage your time burden-free.

It provides a time and cost efficient solution to employing and training new members of staff, and, as it is tailored to meet individual company or businesses' specific needs, it also represents huge savings. All of this is courteous, helpful and completely confidential, and will cost less than one staff member.

Build your own, personalised customer management service, operated by Lingua Franca's experienced staff.

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Língua Franca

For more information, call Língua Franca on: 707 500 016 (from within Portugal) or (+351) 282 380 314. Alternatively, email: sales@linguafranca.cc



Dona Karen

Dona Karen is a complete beauty salon located in the centre of Faro, offering Reiki, full massages, pedicures, manicures, permanent make up and many more treatments. For more information please contact Karen on 289 813 538 or 962 012 111.

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Charity Dance

APAA's annual summer BBQ has crept up on us again and is taking place this coming Saturday, 20th June at 7.30pm, at the Hotel Garbe, Armacao de Pera, on their south facing terraces with stunning views over the ocean.

Through popular demand we have music by the very versatile 'Howard Parkin', who can change from Greek dancing (no plate smashing though!) to rock 'n' roll and have everyone up dancing.

The cost is 25 euros (half price for children under 12) of

which a generous donation will be given to APAA (association for protection of animals Algarve) for their speying and neutering scheme, details of which can be found in their charity shops in Albufeira and Alvor. This price includes an Indian or International buffet, desert, wine and water and, of course, fantastic entertainment.

To reserve a table, or an individual place please call Jenny 282-471851 (919041903) Jane of The Garbe 282-320260 or Alan 282-322203

Saturday Bike Rides

This Saturday's ride starts at from Vilamoura Marina Car Park

There is a large free car park to the west of Vilamoura Marina. This is on the left just after the Roman remains on the way to Lake Resort and Falesia beach car park. Please contact us if you are unsure of how to get here or need more directions.

Meet here at 12.15pm. The ride starts at 12.30pm. This week's ride is clearly because we have a catamaran trip booked for immediately

after the ride at 4pm.

Paul will aim to be at Bikeland from around 11.30 to 12.00pm and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

This week's circuit is the usual mixture of tarmac and dirt tracks. As we are mainly down near the coast for this ride, the route is mainly flat without any seriously challenging climbs or descents, passing through some tremendous scenic areas. There will be a cafe stop along the way. This week's ride will be around 30 to 35 km.

Immediately after the bike there is a catamaran trip booked from 4pm to 6pm, this is priced as €15 per person and there are up to 15 places in total. Places will be allocated on a first come first served basis and there are still a few places left at the moment.

€5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, e-mail: paul.beesley@sapo.pt, www.activityalgarve.com.



East Algarve Walks

Every Tuesday & Friday mornings.

For more information Call 913 595 868.

brian@moonlightservices.eu
www.moonlightservices.eu

New Head Professional

Richard Hudson is the new PGA Head Professional at The Vila Sol Golf Academy and Vila Sol Golf Club here on the Algarve.

Richard will be re-branding and re-launching the Golf Academy and the structure of Golf Tuition offering the most competitive lesson prices on the Algarve along with a Junior Golf Academy Membership which includes coaching every Friday evening and Saturdays along with a FREE Junior membership of Vila Sol Golf Club.

Lessons are available 7 days a week! Vila Sol Golf Academy offers the only 'EXPLANAR' golf training aid on the Algarve endorsed by many great coaches around the World.

"...it doesn't matter if you are a beginner, 10-handicapper or scratch player, you get inside the Explainer and it will give you feeling..." Butch Harmon, World Famous Golf Coach

Vila Sol Golf Academy is open to the public 6 days a week, Monday to Saturday with everyone welcome, offering grass and matted Driving Range in the shade, two Chipping and Putting Greens, short game Practice Area, Clubhouse and Terrace offering refreshments.

The Academy can be found a short walk from the golf club and next to The Vila Sol Renaissance Spa & Golf Resort Hotel or follow the signs in Vila Sol to 'Academia de Golfe'.

For additional information please contact: Richard Hudson, PGA Head Professional on 917938545

Creative writing courses in the Algarve

Write by the Sea

'Write by the Sea' is about innovative creative writing and is based on the Ilha de Armona in the Ria Formosa, Eastern Algarve.

There is some similarity with the famous dune shacks of Provincetown in Cape Cod, where Eugene O'Neill, Jack Kerouac, Norman Mailer, e e cummings and Annie Dillard lived and wrote, and the tutors regard this island as a writer's paradise. Places on this year's courses are still available. (www.writebythesea.com).

The Novel Inside You will run on Armona 21 - 27 June 2009 with tutors Paul Magrs and Tiffany Murray. Paul Magrs (say Mars) has published twenty novels, his most recent being the third in his Brenda and Effie Mystery Series: Conjugal Rites (Headline 2009). His most recent novel for teens is, The Diary of a Doctor Who Addict.

(Simon and Schuster, 2009). Paul teaches Creative Writing at Manchester Metropolitan University. Magrs' non-fiction work includes The Creative Writing Coursebook, with Julia Bell and Andrew Motion, published 2001. Paul lives with partner and actor Jeremy Hoad.

Tiffany Murray is the author of Happy Accidents (HarperPerennial: 2005) and Diamond Star Halo (Portobello Books: 2010). She has been short-listed for the Wodehouse Boller Prize for Fiction and is Senior Lecturer at The University of Glamorgan. Tiffany teaches regularly for The Arvon Foundation and at The National Writers' Centre for Wales.

Your Novel, Your Short Story,

Planned for 27 June - 3 July 2010 with tutors Patrick Gale and Tiffany Murray, is a residential creative writing course, with

a non-residential option for those of us who live close by. Patrick Gale is a British author who lives in Cornwall. His father was Governor of Camp Hill Prison on the Isle of Wight when Gale was born, and he was brought up in and around prisons. Gale was educated at The Pilgrims' School, the choir college for both Winchester Cathedral and Winchester College, at Winchester College itself and at New College, Oxford. Following university he had a range of jobs while he sang for the London Philharmonic Choir and wrote his first novel, The Aerodynamics of Pork, while working as a waiter in an all-night restaurant. Patrick has written 16 books. Notes from an Exhibition was on a Richard and Judy shortlist and won the Independent Booksellers Award. His most recent book is The Whole Day Through.

For more information contact info@writebythesea.com

Mid Summer Madness

A dance is being held to celebrate Mid Summer at the Cine theatre in Silves on the 25th June from 8pm until late.

Tickets cost €10 to include a welcoming drink and canapés.

Live music by Collar and Cuffs.

All proceeds to the Castelo de Sonhos.

For tickets and info. 282 332 665

Bowls Algarve Summer League

Alvor welcomed the eight competing teams for round five of this year's competition in glorious weather and Alvor Doves took full advantage of home turf, defeating the Albufeira Cats by 50-22 and taking all ten points, thereby strengthening their hold over the leadership. Alvor Larks meanwhile went down by just one shot to the PDF Pirates 32-31 and Pirates took eight points to two.

Valverde beat Amendoeira 35-29 also by eight points to two and finally Alvor Eagles went down 25-28 to Pedras and by six points to four, bringing their recent winning

streak to an end. Eagles had earlier beaten Amendoeira 44-25 and eight points to two in the match postponed from day one.

Doves push on ahead of the pack with 37 points, followed by Pedras on 32 and Eagles on 30 points. Valverde have 26 and Larks are on 22, whilst Amendoeira have 21 and PDF hauled themselves off the bottom, now with 20 points. Cats drop into the basement, still with 12 points.

With two rounds to go, Doves are well placed, but there are testing matches at Pedras and finally at PDF before the new champions will be known.

Alan Clarke, League Director

RBCGS had mixed weather at Ribagolfe

This year we decided to play for the Portucale Stone at Ribagolfe on a Saturday in order to reduce travel times and from this point of view it was successful. Everybody arrived bright and early and without too much hassle.

The weather forecast was not too promising and we had a bit of almost everything, rain, thunder, and lightning but also quite a lot of sunshine. The course in general was in good condition although the greens had just been treated and they were a bit on the bumpy side.

23 members played and we also had four guests. Quite a few members were unable to attend and overall the attendance was disappointing.

After golf, our Sponsors offered us a variety of pre-lunch drinks and we then sat down to an excellent three course lunch together with wine and coffee.

We were delighted to welcome Eduardo Mendia and Vitor Campos, President and Managing Director of Portucale and Ribagolfe our Sponsors, who assisted the Captain with the prize giving.

Scores were a bit better than last year but still lower than they

normally are at Estoril. Although Ribagolfe 2 is more than 700 metres longer than Estoril most of us played off the same handicaps and in some cases lower handicaps than at Estoril which may have something to do with the lower Stableford scores. At the end of the day Ormond Fannon with a score of 32 points was a worthy winner of the Portucale Stone for 2009. Three members had 30 points with Graham Dewar finishing 2nd, Peter Rydin 3rd and Mark Dawson in 4th place, on a countback. There was another countback for 5th and 6th places on 28 points with Carl Eggers just edging out Chris Goulding. Carl Eggers completed an excellent day by also winning the Newstead Trophy and the nearest the pin competition. The guest prize was won by Jolke Bartelse and the Captain completed a miserable day and deservedly won the Cow Bell!

On July 1st we will compete for the Lusitania Seguros Trophy and on July 29th we will play for the Rankin Brothers & Sons Trophy. Over these two tournaments we will also compete for the Silver Jubilee Trophy.

Send your stories & pictures to:
copy@the-news.net

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Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

| TWILIGHT PROMOTION | SPECIAL PROMOTION (JUNE-OCTOBER) | BREAKFAST OR LUNCH |
|--|--|--|
| €25 - With Clubs - €40 June to August after 3:30pm | 9 Holes - €20 18 Holes - €30 | 9 Holes - €26.50 18 Holes - €38 |
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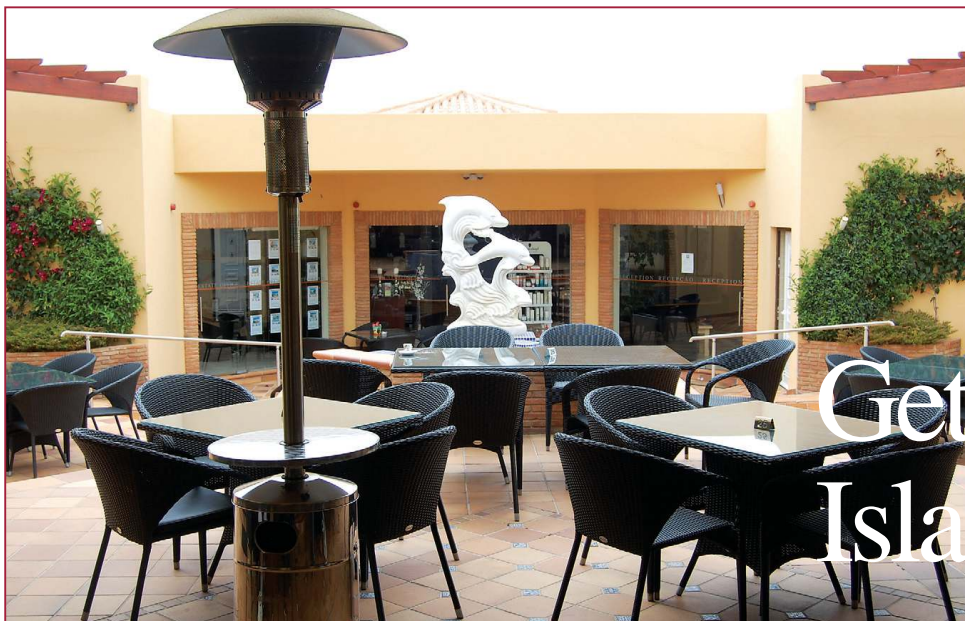
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Get away at the Island Café

Island Café's menu may sound very exotic but it is, in essence, based on good, wholesome food that is both filling and fabulous, offering appetizing options for lunch, dinner, and light snacks as well as evening entertainment during summer. It provides a holiday for the palate and a chance for you to relax while enjoying your meal.

On the menu, which was purposely designed for the establishment by an American chef, are ideal lunch dishes like Mediterranean lamb salad, southwest chopped chicken salad, calamari salad, beef and blue salad and a 'full' garden salad, offering new twists and exciting flavours on dishes which can often be quite standard.

Other light meals include delicious jumbo lump crab-cakes, barbeque ribs, fajita quesadilla, a barbeque blues or Swiss mushroom burger, or a grilled Portobello steak.

At Island Café even something as simple as a tomato soup is an amazing gastronomic experience. Meals are never boring,

and if the lunch options sound impressive, evening meals take the game a level higher. These include lemon herb roasted chicken with pan juices, slow-roast baby back ribs or grilled veal strip steak, with accompaniments like jasmine rice, butter whipped or spring onion potatoes, and honey or Mongolian sauces.

Starters are just as interesting, with wild mushroom house soup, crisp chicken wings or fresh fried crispy calamari served in paper cones, or tomato, chevre and herb tart, to name just a few.

Meals can be rounded off with a selection of traditional dessert favourites, all freshly homemade, which feature Mississippi Mud Pie, lemon me-



Southwest chopped chicken salad.

ringue or cheesecake, and blueberry and almond or carrot cake, served with cream or soft whipped ice-cream.

Sundays feature more traditional meals with roasts that boast the best Yorkshire puddings this side of the UK. Roasts alternate weekly between beef, turkey and chicken, and beef and lamb.

The restaurant itself is located in Sesmarias near Carvoeiro and is both spacious and stylish, creating an ideal dining environment whether it is for a romantic evening meal for two or a business lunch.

During summer there will be

live entertainment on Thursday and Saturday evenings and every other Sunday, with singers Elsa and Mandy.

Gift vouchers are available, as are discount cards for regular diners. A special price for set meals is available, costing €12,50 for a choice of two dishes from three starters, three main meals and three desserts.

Furthermore, everything on the menu is available for takeaway.

Reservations can be made on: (+351) 282 353 406, or e-mail islandcafebar@gmail.com.

Island Café is open everyday, from 12h00 till late.



Fajita quesadilla.



Lemon meringue pie.

Restaurant Write-ups

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have

Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

For our restaurant guide please see the hotline on pages 32 & 33



Breakfast

€4,50

**Croissants...
Pains...
Dessert...
Sandwiches...
Boissons...**

Vila Sol Shopping - Loja 7 & 8, Lote E
EN396, Alto do Semino
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Unfair tax

SIR, Oh how I agree with your comments entirely!

I am not completely sure of your details, all I can say is that, I had no idea at all about the process of matriculation, in Portugal, even though I tried to find out as much as I could before we came here to Portugal, about importing a car here, in fact I purchased a left hand drive car especially for Portugal.

Imagine how I felt when I was told because I had not owned the car for six months before coming here, I would have to pay €3,000, to get the car matriculated.

In my mind that was the icing on the cake, we are pensioners, with little savings, relying on our state pension, to be told that was a bolt out of the blue, yet the Portuguese government conveniently keeps details about matriculation very quiet!

I am sure many foreigners have fallen into this shabby underhanded legislation to extract funds to bolster-up Portugal's economy.

Interestingly importing cars into UK costs approximately £100, to change registration.

I rest my case, yes we ex-pats are viewed by the Portuguese government as an easy touch, let's hope it back fires on them.

TAN MAN, Albufeira
(name withheld)

UK Voting

SIR, What a farce the UK voting system is! Less than half of the electorate even bothered to vote in the Local Elections, giving 38% to the Conservatives,

28% to Labour, 23% to the Lib Dems and about 11% to the rest. How can any potential government claim a mandate based on those paltry figures?

And what an avaricious lot the current ones are. Ministers admitting to some of the more flagrant abuses of the parliamentary expenses system are resigning. Many other MPs admitting to illegally trousering varying amounts of taxpayers' money, instead of being dismissed and prosecuted for fraud are choosing to stand down at the next election. This, depending on length of service, will enable them to continue until then as MPs and claim a lump sum close to £80,000 as well as leaving their fat pensions intact. Compare this to the private sector where such behaviour merits instant dismissal and often an embarrassing appearance in the local magistrate's court.

I predict that, whatever Brown does to clean up what is now freely admitted as the scandal of MPs expenses, they will lose no income by being paid a salary equivalent to that earned in the private sector. That's a laugh. Most are politicians because they are incapable of holding down a highly paid private occupation that involves actually working full time for a living, relying instead on acquiring a fistful of well paid non executive directorships.

I am doubly p**d off with it all because although I continue to pay UK tax on a government pension, I have now lived here for 15 years and consequently this is the last time I am eligible to vote in UK elections and referenda. De-

mocracy? What's that?
Ron Lavery. By e-mail.

Tolls on Via do Infante

SIR, Many of you will have read that it is the government's intention to upgrade the EN125. Now I am a cynic by nature and as soon as this was proposed I suggested to my partner that it was merely a ploy to put a toll on the motorway. I was actually joking, but regretfully it was not a joke!

Snr Mário Lino, the Minister of Public Work, recently announced that tolls would not be applied until 2011!

In the meantime the EN 125 is to be upgraded with various 'traffic calming measures'. We all know what that means - "slowing traffic down". The EN 125 already has numerous speed limits, which in some cases are vigorously patrolled, thus generating many thousands of euros to the economy. The EN 125 is obviously not an alternative to the A22.

The A22 which has been built with EU money is the only viable route along the Algarve if one is to travel more than a few kilometres going east to west or vice versa.

I suggest that we need to keep an eye on this situation or we will all end up paying tolls to use the road which has been built specifically to bring tourism and prosperity to the Algarve.

NORMAN THOMPSON, Guia

Response to Westheimer column

Columnist Pat Westheimer wrote a thoughtful piece in your 6 June issue, in which she suggested that the fact that Portuguese people and systems decline help from outsiders to improve their performance in English is a major reason why Portugal

"stays stuck". She suggests that cultural influences trump all other elements in determining how a country navigates its way in the world. I'd like to react to Pat's comments from my perspective as a former US consultant in Romania, Macedonia, Surinam and Jamaica and my current residency here in Portugal.

Yes, culture is extremely important; it determines all sorts of reactions and behaviors. But while Pat suggests that her clients' rejection of her English writing skills seminars with a shrug and a "we'll do it our way" is culturally-based, I think there are more factors at play here. Such behaviour can also be simply a human response to a given situation.

Remember that Portugal emerged from a dictatorship just one generation ago. It then accepted international help to upgrade its systems in its run-up to entrance into the European Union. This aid included help from the assistance agency of the United States, my former employer. I have had personal experience watching proud, intelligent people in developing countries swallow their pride and do it the outsiders' way, because they are required to do so in order to get international funding and/or qualify for EU membership. Accepting help from outsiders, however well-intentioned and reasonable that help may be, is a stretch for anyone. It's tough not to take the implied criticism personally.

Like Pat, I tried to insert myself into Portugal's non-profit sector. But when I saw the polite, but distanced reaction to my ideas, I walked away. Why? I was knocking on a door that would not open, and in a way this is only right. The Portuguese have trouble enough employing their own citizens, they have only recently emerged from their

post-revolutionary era, they deserve the time to attack their problems in their own way, and they need the freedom to make their own mistakes.

Portugal is not alone. The United States, a nation of immigrants, is no more enlightened in its integration of immigrant skills than Portugal or any other country. We Americans have all heard of examples of this - the highly-skilled doctor educated in India who can not find work suited to his level of sophistication and knowledge and is working at a walk-in medical clinic in a ghetto in a large US city. I have a Serbian friend who is a dentist who moved to the US. She found that the entrance requirements to practice dentistry in the US would take her years to fulfil and even then she would have difficulty securing a position commensurate with her experience and skills.

This is the way of the world; we are naive if we do not recognize this behaviour as human, not necessarily as an example of a people's cultural attitudes. Imagine if a company or public system in the US were confronted with an outsider who was implying that they were not doing their job well - what would their reaction be? I suggest it would be the same as the folks in Portugal who greeted Pat's seminar so tepidly. Only the US response might be a whole lot more direct - and that is cultural!

The fact is that people and systems do not accept help from outsiders unless they are forced to do so in order to meet an objective they themselves created (entrance to the EU) or unless their system is failing to make money and you've got what Pat found - people who want to make their own way, as flawed as that way might be in the eyes of an outsider.

So what do the outsiders do? We accept that Portugal and its intelligent, welcoming, generous people will probably always grapple with the fact that its natural resources and manufacturing base are limited and that educating and caring for its people will always be a struggle. Portugal is never going to occupy first-world status; people here accept that fact. Yes, Portugal could be more assertive, yes, it could market its country and businesses better; yes, it could serve its citizens better. Portugal's bureaucratic system is a national disgrace, but then the health care and insurance system in the US (not to mention a US prison located on foreign soil that holds suspects without bail, trial or habeas corpus) is also a national disgrace. Both countries are flawed, they are what they are. And progress is slow.

This adopted country of mine, this Portugal, is more than tasty fish and sunny days - it is rich in history, vibrant in its non-first world culture and full of good people who revere family and treat others with great respect. This is enough for me, even as I hope for improvements in the lives of Portuguese citizens and, please God, a more responsive, streamlined bureaucracy.

SUSAN MICHAEL, by email

Fair Fuel Help

SIR, As pointed out by Ron Lavery, the UK Government response to my e-petition, which closed on 22 February, was finally published on 4 June. All the 606 people who were able (and good enough) to sign the petition on-line in February will have received an e-mail from Number 10 informing them of the response.

For the benefit of those of your readers who have no access to a computer but took the trouble to contact me in February, I would like to report briefly what the Governments response says. It is lengthy (too long to quote in full here) but in the end is obstinately negative. Most of it is the standard Department for Work and Pensions explanation of how the Government has arrived at its present anomalous and discriminatory position. This is basically because they meant this benefit to be for UK residents only but fell foul of EU regulations and, in 2002 did their grudging minimum to comply with those regulations, by allowing people who were already getting the Winter Fuel Payment before they left UK to take this benefit with them. Because those of us who left UK before 1998 were not already getting the payment when we left (it was not created till 1997) we had no payment to take with us, so get nothing.

The final paragraph of the Government response reads:

"The Winter Fuel Payment was designed primarily to help people living in the United Kingdom. The Government is content that its approach to paying the Winter Fuel Payment to people living in the EEA is both reasonable and lawful".

I sent the following reply to 10 Downing Street on 8 June and await their answer:-

After three months wait, all the Prime Minister's Office can come up with is the standard DWP explanation of how the Government has arrived at its anomalous and unfair position. No attempt has been made to correct the present major unfairness that discriminates against the 80 year old expatriates while happily giving the payment to the 60 year olds! This inequitable and invidious result of Government policy is not even acknowledged, let alone addressed.

The Government's "approach to paying Winter Fuel Payments to people living in the EEA" may be "legal" (just) but it is definitely not "reasonable", or does the Government actually consider unfair discrimination against the elderly to be reasonable?

I would request a clear explanation of how the Government justifies its "content" with perpetuation of the age discrimination and unfair exclusion of the more elderly and vulnerable that its grudgingly minimal compliance with EU regulations in 2002 has produced. I think I and my fellow petitioners are owed that.

Please ask the Prime Minister his own personal opinion. As a believer in fairness, he will support me.

NORMAN WALKER, Moncarapacho

Portuguese for Beginners

Emília Rosendo

146

THIS LESSON:
Prepositions

① Match the two halves below.

1. Aquela foi uma memorável manifestação ...
2. O rapaz, nervoso e confuso, entrou na sala ...
3. De repente, as crianças acordaram ...
4. Todos sabemos que as canetas servem ...
5. Ele escreveu um excelente artigo ...
6. A Margarida foi jantar fora ...
7. Os estagiários vão ficar na empresa ...
8. Luís de Camões viveu ...
9. O Mário está desempregado ...

- a) após meia hora de sono.
- b) até Setembro.
- c) com os seus novos amigos.
- d) contra o regime.
- e) desde Maio.
- f) entre 1524 e 1580.
- g) para escrever.
- h) sem bater ou pedir licença.
- i) sobre a actual crise financeira.

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |

② Complete the sentences which follow. Use the prepositions após, até, com, contra, desde, entre, para, sem, sobre.

1. A família Costa vive aqui ____ 1998.
2. Eu estive a falar ao telefone ____ os meus pais.
3. Alguns desempregados tiveram que emigrar ____ outros países ____ conseguirem equilibrar as suas vidas.
4. Nós gostamos de comer pão ____ marmelada.
5. Os alunos estavam a escrever um texto ____ as suas últimas férias de Verão.
6. Todos os passageiros estavam visivelmente exaustos ____ dezasseis longas horas de viagem.
7. Eu votei ____ a proposta A, pois achei-a inviável.
8. Um grupo de nutricionistas esteve a fazer uma vasta campanha ____ o consumo exagerado de açúcar ____ os mais jovens.
9. Houve profundas alterações climáticas ____ as duas últimas décadas.
10. Eles bebem sempre café ____ o almoço.
11. Ela não comeu a sopa porque estava ____ fome.
12. Nós esperámos por eles ____ muito tarde.
13. A máquina avariou-se e ficou ____ arranjo.
14. Vocês estavam a conversar ____ mim?

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 20 Jun 2009

PROPERTY OF THE WEEK

A fabulous farmhouse near Tavira, Eastern Algarve



While the Eastern Algarve is better known for being the Western Algarve's more traditional, quieter, and more 'au naturel' counterpart, Tavira is known for being one of the Eastern Algarve's most charismatic cities, with its unique pointy roofs and proximity to the Ria Formosa.

It is an area of unspoilt beauty, still just 30 minutes from Faro airport, and is where this week's Property of the Week is located.

Located in a prosperous farming region that is drenched with sun-kissed orange groves, this exceptional property is just four kilometres from Tavira city centre, surrounded by 14,000 square metres of land.

This is made up of a beautiful,

very well maintained garden with immaculate lawn, lovely trees and large variety of shrubs and plants.

There is excellent access to the property, the imposing driveway that leads up to the house offering a glimpse of the magnificent 60 square metre swimming-pool and terrace area. The property enjoys marvellous views of the coast and consists of a main villa, built in 2002, and an

additional, separate, modernised cottage that together provide eight bedrooms.

It is an eco-friendly farmhouse, with solar panels for the hot water system to the main villa, as well as abundant water supplied from Beliche dam, a shared bore hole, two septic tanks, large water deposit and a double garage. Measuring an area of 250 square metres, the ground floors comprises an entrance hall, equipped kitchen with hob, cooker and a fridge/freezer, a dining room with air conditioning and French windows that look out onto the terrace from where there are lovely sea and pool area views.

There is also an open-plan living room with a fireplace and air conditioning and which also has French window to a covered, south facing terrace.

Also on the ground floor is the first bedroom, with air condition, a fitted wardrobe and French windows looking onto a covered terrace. There is a bathroom, a



shower room, and the second and third bedrooms both have fitted wardrobes, and air conditioning.

The first floor comprises a hall, bathroom, office and the fourth bedroom, which is a very large master bedroom with wardrobe and air conditioning.

It has French windows that lead onto a spacious terrace that boasts beautiful views of the sea and all the way down to Monte Gordo.

There is a flight of exterior stairs to a separate unit that is made up of a further

two bedrooms, both with fitted wardrobes and French windows onto south facing terraces that also have spectacular views. Both bedrooms have en-suite bathrooms.

The second house on the plot was completely renovated in 1999 and has a covered area of 143 square metres.

It comprises an open-style equipped kitchen, a sitting room, patio doors onto a beautiful, covered, south facing terrace and a lawn area.

There is a good size bedroom

with a wardrobe and a smaller en-suite bedroom.

Outside there is a flight of stairs that climb to a large roof terrace that boasts exceptional views.

This property is currently priced at €950,000.

For more information on any of these properties contact Este Algarve on: (+351) 281 951 165 / 281 370 277, fax: 281 951 438 / 281 370 761, e-mail: belosantospedras@hotmail.com, or see website: www.estealgarve.com.



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Ref. V-350 Price: € 599,000



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Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner. Garage/workshop, utility room, space for pool, own borehole.

Ref. V-351 Price: € 240,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool.

Ref. V-349 Price: P.O.A.



The ultimate in comfortable living at the best area of the Algarve. Panoramic Seaview. 5 bedroom villa of 330sqm, mature garden w/ sparkling pool, modern amenities. Top quality construction. Quick sale to the discerned buyer at a realistic price.

Ref. V-352

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Price: € 299.000



VILAMOURA
Ref: MG82266
3 bedroom semi detached villa excellently located on very quiet & residential area, approx. 10 mins walk to Marina and beach. 600sqm plot w/218 sqm constr. area. 3 en suite bedrooms. Large living/dining room w/open fireplace. Carport for 2 cars. Landscaped garden w/ sw. pool & BBQ area. Possibility to use a tennis court next to the villa. Great investment, good letting potential.

Price: € 470.000



VILAMOURA
Ref: V82326
4 bedroom detached villa centrally located in quiet area of Vilamoura near prestigious Pinhal Golf Course. Only a 15/20 mins walk from beach & Marina. The area of the plot is 498sqm & constructed area of 325sqm. Large living area equipped with a fireplace. In the basement there is a possibility to do a games room. South facing garden with a covered terrace and swimming pool. Great investment opportunity.

Price: € 545.000



VILAMOURA
Ref: V92398
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Ref: 636 Lota beach Manta Rota € 170.000

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Ref: 752 Vila Nova de Cacela € 210.000

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Ref. V1165
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Ref. V1171
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Ref. V1172
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Vilamoura

Studio apartment composed of lounge, bathroom and terrace. Furnished, equipped with air conditioning. Construction area - 54 sq.m.

Ref. A1321 Price: € 70.000



Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Parking space in the basement. Construction area - 74 sq.m.

Ref. A1188 Price: € 110.000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.

Ref. V12595 Price: € 180.000



Boliqueime

Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area: 2.200 sq.m.

Ref. V12585 Price: € 450.000

Sunny & Share



Summer's here and it's time to make sure you're ready for the challenge, both indoors and outdoors.

This year that's more important than ever as many people opt for a "staycation" - saving money by staying at home over the holidays.

So decor that evokes the vibrant colours of those getaway destinations and exotic sun-drenched resorts will give you a "get-away-from-it-all" feeling no matter what the weather.

We've rounded up ideas and products that could turn your home into a summer sanctuary for relaxing and entertaining.

Splash on the sunshine

Sunshine can come and go, but you'll always feel warmed by its brightness if you paint a wall in a sunny yellow.

Turn up the heat

Think bright and add zingy colour to rooms as well as outdoor spaces with accessories that will make you feel the heat is on.

Give a kitchen a seasonal facelift with prettily-coloured

red and white or blue and white spotted Summer kitchenware.

Alternatively, hang gaily-coloured plates on the wall, or jazz up cupboard interiors by painting them a bright colour.

If that sofa and chairs have taken a bashing over the winter, breathe new life into them by accessorising with printed cushions.

Let it glow

Summer's all about lingering outside on sultry evenings and there's nothing better than twinkling candlelight.

Pop tea lights into simple jam jars and hang them from trees or fences, or simply line paths with them.

Metal lanterns are practical as they're wind-proof and attractive.

Table talk

Al fresco tables should look fresh, colourful and fun - so they're a feast for the eye.

Just throw a decorative cloth over a garden table, or use a plain white sheet which will look brilliant teamed with colourful tableware.

Go retro with delightful cloths such as a practical oilcloth, or a shabby chic-style cotton tablecloth.

Pastels never fail to please, get a melamine picnicware set in tasty colours like lime green, pale pink, pale blue and raspberry.

Blooming marvellous

A pretty bunch of flowers is the easiest way bring the outside in, and arrangements needn't be elaborate or expensive.

Pop a few blooms into eye-catching vases. Clear glass vases never date.

A bottle converted to a vase can be a striking table centrepiece. Hang a cardboard tag with a hand-written welcome message for guests, or put several in a line, with a single bloom in each, running down the centre of the table.

Delectable deckies

A deckchair is an iconic symbol of summer and those with brilliantly-coloured slings are guaranteed to lift the spirits even if the weather disappoints.

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Hannah Stephenson gets her hands dirty in the garden. This week: attract butterflies to your garden.

Go exotic with hot pots



No mixed border should be without lupins, with their impressive spires of flowers in a variety of colours. There are many varieties of Russell Hybrids - tall ones to stick towards the back of the border, or smaller types to be used as fillers. They are easy to grow from seed and will thrive in sun or partial shade, flowering in June, but protect young plants from slugs, which love them. The bigger types will need staking in exposed gardens in rich soil. Deadhead them once they have flowered

to encourage a second flush of flowers.

Lupins have a relatively short flowering period, so plant the tall ones at the back of the border with Japanese anemones to hide the fading foliage. Smaller varieties, such as 'Gallery Series', can be planted between shrubs and evergreen ground cover. Good tall varieties include the Band of Nobles series, while if you want a dwarf variety look out for 'Gallery Series' and 'Lulu', both of which are a mixture of colours.

It's your last chance to plant up your summer containers to give them long enough to root down and provide the colour you need to last the season.

And, if you're not going away this year, you might like to introduce an exotic corner to your patio.

Broad-leaved cannas, hostas, deep orange dahlias, fiery crocosmias and tender bulbs such as gloriosa will all add heat to the scene, while plants of architectural interest such as Fatsia japonica, palms, cordyline and phormium can all add to that tropical feel.

Put sun-loving palms and succulents in the hottest spots, and position shade-tolerant plants, such as hostas, beneath the canopies of large-leaved plants.

It will be too late now to grow your tropical specimens from scratch, but

you'll be able to find them in garden centres and nurseries. Remember, though, that some of your plants such as cannas and bananas are tender and will need extra care to overwinter them.

Tropical styles tend to look best in urban situations and work well with modern furniture and accessories.

Remember, with exotic schemes the emphasis is on the bold plants, not the pots. So don't use elaborate, brightly-coloured pots for an exotic effect, and avoid anything green in the background, such as a lawn, so that all the leaves are clearly visible.

Good backdrops include: Trachycarpus wagnerianus, a neater version of the Chusan palm ('T. fortunei'), with smaller, stiffer leaves, able to withstand a windy site; or Chamaerops humilis, a slow-growing dwarf fan palm which comes from southern Europe but is happy in colder areas.



Tropical scenes need careful, sparing use of really vibrant colour. Red hot pokers (Kniphofia), ginger lilies (Hedychium) and cannas can provide this.

Good varieties include 'C. striata', which has 45cm (18in) paddle-shaped, green and yellow striped leaves and produces sizzling orange flowers in midsummer. The rich orange flowers and variegated leaves of 'C. pretoria' create an exotic feel and another good choice is 'C. president', which produces scarlet blooms, or the golden yellow 'King Midas'.

Cannas need loads of humus in the soil and do well in large pots in a sheltered, sunny spot.

sunny spot.

Alternatively, go for small pots of sizzling scarlet geraniums placed in front of the larger foliage plants.

Vibrant ornamental grasses can also be used in tropical schemes such as Imperata cylindrica 'Rubra', which makes a clump of bright green leaves whose tips turn blood red and then the rest of the leaves follow suit, reddening almost to the base. Fluffy silvery-white flowers appear late in the summer. This one needs fertile, moist soil rich in humus and should be placed in full sun or part shade. You'll need to mulch it in winter if it is to survive.

Try to keep each pot reasonably simple, giving stand-alone space to foliage specimens such as hostas and palms. Place your architectural plants such as cannas, cordylines or phormiums in the middle of the pot and fill the gaps in front with smaller flowering plants to complement.

Then, on those hot summer days when you're sitting on your patio, you'll feel like you could be a million miles away.



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Ask the Expert



A mother lifts up her child.

Q: "Since I had my baby six months ago, I've developed back ache. Is this likely to be because of lifting and carrying him, and if so, is there anything I can do about it?"

A: Sash Newman, chief executive of the BackCare charity, says: "Like you, eight out of 10 mums feel that their back pain is a result of caring for a young child, and blame day-to-day tasks like lifting and carrying children, bending to attend to them and pushing a buggy for causing or exacerbating back pain."

"But there are some things you can do. Firstly, when lifting your child, bend your knees and not your back to help prevent injury."

"Also, avoid carrying him on one hip but instead carry him on your front with his legs around your hips."

"Secondly, it's important to have a suitable buggy. Invest in one with a good handle height and a frame that allows you to fully swing your legs in front of you when walking."

"Make sure that it's lightweight and can be folded and unfolded easily, and try to be aware of your posture when pushing it - keep your shoulders down and relaxed, and your elbows close to your body."

"Finally, try to keep active as this is an excellent way to manage back pain. You may feel that with small children you get all the activity you need, but doing other activities when you have time, like walking, for example, may prove very helpful."

"By following these simple steps your back pain should be easily managed, but if it persists, visit your GP."

Website of the week:

www.askamum.co.uk

The home of Mother & Baby and Pregnancy & Birth magazines, this site contains parenting news and a community forum section, as well as advice on pregnancy and birth, and baby and toddler development. There are also videos on a wide selection of topics from child safety to reading with your child.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

The name of David Beckham is unlikely to appear in the canon of English literature anytime soon, but the first of a series of children's books based around his football academy has been published.

The four-volume fictional series, comprising *Twin Trouble*, *Le Football*, *Save The Day* and *Bossy Boots*, is aimed at boys and girls aged seven and up with an interest - surprise, surprise - in football.

Each tome follows the escapades of a different group of

youngsters at the former England captain's academy.

Two activity books will include ideas for training, including pull-out tactics boards, puzzles and a stats section.

They're likely to be as much of a winner as Beckham himself.

Children are being injured on trampolines due to too many people crowding on to them, including drunk adults, doctors have warned.

Research in the UK found 80% of injuries were related to too many people using a trampoline at any one time.

Doctors from Ninewells Hospital in Dundee analysed 50 injuries seen in their A&E department over six weeks.

Some 46% of the cases had lack of adult supervision as a factor, while 64% involved no safety net.

The Royal Society for the

Prevention of Accidents (RoSPA) advises that when trampolines are used there should be an adult "spotter" to reduce the risk of injury, and a safety net to cut the chances of children falling to the ground.

And the doctors warn adults who fancy a spot of bouncing on their kids's trampoline that trampolines and alcohol do not mix.

Children in the UK shouldn't be allowed to go to school unless they can prove they have had the MMR vaccine, a public health expert has said.

Sir Sandy Macara, former chairman of the British Medical Association (BMA), wants the MMR jab, which guards against measles, mumps and rubella, to be made compulsory.

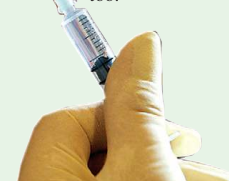
He has submitted a motion for debate at the BMA's annual conference later this month, the BBC reported.

The number of children being given the vaccine plummeted after research wrongly linked it to an increased risk of autism.

The drop in take-up has been blamed for measles outbreaks across the country and raised fears it could lead to an epidemic.

One in four children under five has not had the two MMR injections needed.

And while it's up to parents if they choose to risk their own children getting one of the illnesses MMR prevents, those parents are putting other, younger, children who have not yet been immunised at risk too.



Win a luxurious half day trip on the Cranchi 41 (Lady Amber)

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 blue dolphins (see the photo above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three dolphins email us with the company names of the three advertisers.

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Study all the adverts in the paper, and look for 3 blue dolphins, like the one at the top of this announcement. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at: competitions@the-news.net with the company names of the three advertisers. Please write 'Dolphins' in the Subject line. We will draw the answers each Wednesday and the first correct answer that clearly identifies the locations of the dolphins will win. The winner will be announced the next week. Remember, if you don't win this week, try again next week until the competition ends on the 24th June. Winners will be sent a confirmation letter with instructions on how to claim their prize. There is no cash value or alternative to the competition prize.

Last week's winner of a luxurious all inclusive half day on board a beautiful Cranchi 41 'Lady Amber' for 6 to 8 persons to the value of €800 was Craig Hollerin, Albufeira

Three ways to... ensure children do their homework.

1. Don't allow activities such as watching TV, chatting on the phone, sports etc until homework is completed satisfactorily.

2. Set a specific time for homework to be done every night.

3. Encourage your child and help her where permitted, show interest in what she's doing and look over her finished work.

Readers Tip

Sometimes negotiate with children using a win-win solution - in other words, compromise in situations where it doesn't matter too much. So if they don't want to go to bed, perhaps give them an extra few minutes so they're happier and you still get them to bed - albeit a little later.



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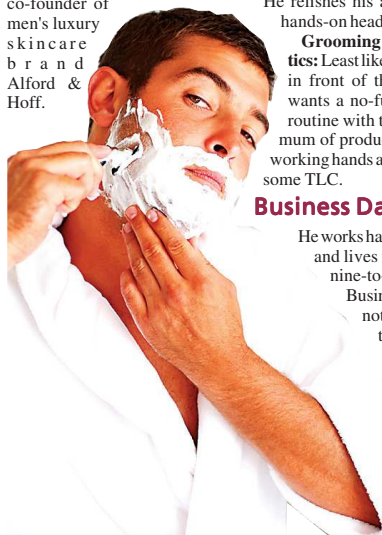
Lisa Haynes helps to treat your papa to some pampering treats for Father's Day in the UK on June 21st.

Gone are the days when men's grooming routines consisted of a dash of soap and a splash of water. Even your average Joe is upping the preening stakes.

The modern man is using "daily hydrators" (that's guy speak for moisturisers), experimenting with mascaras and geyliners, and booking in for spa manicures.

Men's new-found penchant for pampering has made male grooming one of the fastest growing sectors in the UK beauty industry, currently worth an estimated £1.4 billion a year.

"Men are changing their attitude towards grooming," explains Barry Alford, co-founder of men's luxury skincare brand Alford & Hoff.



"In the past, men have used the basic products to get a clean shave and maybe a moisturiser. But now it's like buying a new designer suit or the latest shoes - men are demanding more from their skincare."

Whether your dad is a groomo-holic or mirror phobic, there's a gift out there to suit his daily routine.

Brighten up his Father's Day - and bathroom cabinet - with these top grooming gifts.

DIY Dad

From tinkering under the car and mowing the lawn to drilling shelves and donning an apron, the DIY Dad is a Jack-of-all-trades. He relishes his active role as hands-on head of house.

Grooming characteristics: Least likely to be found in front of the mirror, he wants a no-fuss, no-effort routine with the bare minimum of products. His hard-working hands always require some TLC.

Business Dad

He works hard, plays hard, and lives for his frantic nine-to-five day. The Business Dad loves nothing more than being suited and

booted with briefcase in hand and looks out of his comfort zone in casual wear.

Grooming characteristics: Similar to his work ethic, he demands razor-sharp, high-tech products that produce results - no matter what the cost.

Traveller Dad

Whether it's weekends away on Portuguese soil, or trips to far-flung destinations, the Traveller Dad has permanently itchy feet and lives out of his worn-out suitcase.

Grooming characteristics: Anything that's easily transportable and durable gets a tick on his grooming agenda. He loves scents that remind him of his favourite passport destinations.

Sports Dad

Spending much of his free time getting muddy on the pitch or sweaty on the treadmill, the Sports Dad just can't keep still.

Grooming characteristics: No-fuss performance products that work as hard as he does in his sports gear. He secretly adores a soak in the tub to relax those tired-



out muscles - but no candles in sight.

Vain Dad

Addicted to preening and always first in the bathroom queue, the Vain Dad thinks nothing of splurging half his wages on new-fangled lotions and potions.

Grooming characteristics:

Make-up for men, hair straighteners and a spa regular, this metrosexual male isn't afraid to experiment. He seeks luxury products that not only make him look good, but the bathroom too.

Retro Dad

He prances around to Spandau Ballet and always has Ashes To

Ashes programmed on the Sky+. The Retro Dad lives for decades gone by, whether it's the Swinging Sixties or the decadent Eighties.

Grooming characteristics: Loves products that remind him of the past. Digs retro packaging and the evocative smells of so-naff-they're-cool aftershave.

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Wake up to napping

Afternoon siestas are a way of Mediterranean life. But could a quick 40 winks actually be bad for your health? Our experts decide.

There are some things the Continent does better than us, be it fashion, food or simple joie de vivre.

Napping is no exception.

The Spanish finish off lunches of Rioja and five courses with languid, two-hour-long siestas; the French have considered adding 'nap time' to their 35-hour week; and even Greek offices shut down at lunch.

But our long work hours and dogged professional ethics mean that people in the UK have sacrificed a daytime

snooze to work the most and sleep the least in all of Europe.

One in five Brits sleeps for less than seven hours a night, according to research from the Future Foundation.

And all that work and no rest has resulted in a nation of stressed, unhappy, and tired zombies.

While you may call them lazy, our kipping neighbours might have had it right from the beginning. The science of napping is such that a quick 40 winks could increase your alertness, productivity, libido and energy

- enough to really make a difference to your everyday activities.

Winston Churchill was such a fan of naps that he once claimed "you get two days in one" by sleeping an hour at lunch.

Whether it's a power nap at work or a post-lunch snooze, following our Continental counterparts' napping habits could recharge us enough to convert the UK into a nation of siesta-takers.

The Science of Sleep

Anyone who's ever woken

after a short but deep sleep knows the energising boost it can give to the brain and body. That's because, just as computers and batteries need recharging, so do we, says Sammy Margo, author of the *The Good Sleep Guide*.

"Having a little shutdown time in the middle of the day, where you can switch off for 20 minutes, slow your brain down and come back to your tasks more efficiently, is essential," she explains.

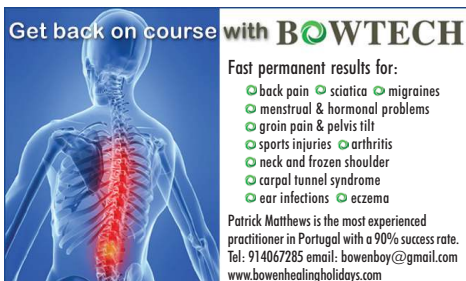
A quick nap has been linked to reduced stress levels, increased libido, improved



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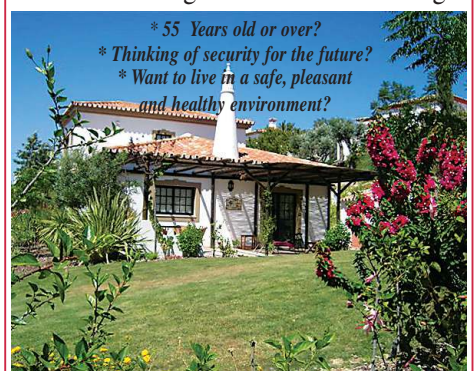
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memory and better overall health. NASA found that when their pilots had a 26-minute nap it boosted work performance by 34 per cent and alertness by 54 per cent.

Research by Harvard found that early-afternoon siestas reduced the risk of heart disease by a third.

But Margo admits that the jury is still out on whether everybody should be taking a kip after lunch.

"While naps are great at re-energising the mind and body, they're not for everyone," she says.

In fact, older people and those who sleep a lot could find that napping might actually be detrimental to their health.

People over 69 years of age who kip in the day for more

than three hours a week could increase their chances of dying, a study in the Journal of the American Geriatrics Society found.

A nap of more than 25 minutes a day increased the risk of death in older women from heart problems by 58% and from any non-cardiovascular or non-cancer causes by 60%, due in part to their reduced physical activity.

Research from Birmingham University also found that people who nap regularly have a 26% higher risk of getting Type 2 Diabetes, demonstrating a link between napping, hormone disruption and reduced physical activity.

Professor Kevin Morgan, of Loughborough University's Sleep Research Centre, says

that people who nap are probably not getting all the Zzzs they need during the wee small hours and, as a result, are finding their health deteriorates.

"The 'power nap' - where you sleep for 20 minutes in the afternoon - is an urban myth with flaky scientific foundations," he says.

"Most of the world doesn't nap, bar babies, pregnant women and seniors, so there would be something fundamentally wrong with the world as a whole if we were all foregoing such a biological imperative."

The best way to maintain good physical and mental health is to get a full night's sleep of around eight hours a night and this is the key to being productive the next day, he says.

"If you sleep enough at night, then you probably won't find napping so easy - and that's okay."

"But if you do nap, be sure that it's only a top-up to the good sleep you've had the night before."

Margo agrees that there are rules to napping and that a daytime kip should never stand in for lack of sleep.

"A nap is a refresher that won't replace your bad sleep patterns and you shouldn't use the nap to that end," she explains.

"So, if you need to sleep more, go to bed earlier than you normally do and wake up at a normal time instead of lying in or napping."

It's nap time!

If you like the sound of some daytime napping, make sure you know the rules...

1. Aim to take your shut-eye between 1pm and 3pm: "This is when your energy levels dip naturally, but if you try to nap after this period it will affect your night-time sleep," Margo says.

2. Lying down is the best way to nap but if you can't manage that, try to find a comfortable position you can relax into.

3. Use an eye mask and ear plugs to lull your body into sleep mode.

4. Turn off your phone, computer and any electronics, giving yourself as quiet a space as you can.

5. Set an alarm to wake yourself up after 20 minutes. "This is the ultimate time to improve your memory, clear the brain and re-energise you. Any longer and you wake up groggy," Margo says.

Napping facts

- Famous nappers include Clinton, Einstein, Brahms (who apparently did it while at the piano!) and Thatcher.

- In Japan, inemuri, or falling asleep at work, is considered a sign of devotion to the job.

- The word "siesta" comes from the Latin 'hora sexta', or sixth hour - a reminder to those who awoke at dawn to take a midday rest.

- The post-lunch dip in energy we all feel isn't due to food



A young man having a siesta on the sofa.



An older lady having a nap in an arm chair.

- it's because our hormone levels and body temperatures actually decrease around 2pm or 3pm every day, making us feel sleepy.

By Kate Hodal



A woman falling asleep at her desk.

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Portuguese Water Dogs 'Water Trials'



A Portuguese Water Dog jumping from a boat into the water - a sport that comes naturally to these dogs.



The first Water Trials of the Portuguese Water Dogs was held in Lagos on Sunday 7th June. It was a fun day as always, lots of people gathered to see these special dogs in the Beauty and later in the Working trials. To watch a Portuguese Water Dog doing what they were bred for, is so special.

On a personal note I just wish I was young and fit enough to actually have this special time with Cleo and Merlin. As I was on my own at Lagos I just took Cleo with me as coping with two of them is impossible. Cleo seems to have developed a dislike for the showing these days. The last few shows we have been to she will stand there quite happily when the Judge is checking her over—she will then run around half the ring and amble around the rest. She has been known to stand quite still making me look quite amusing as I run and dog does not. Is she trying to tell me something? Maybe and perhaps I should listen to her, she is 3 and a half now perhaps she wants to 'retire'!!! My very sensible Husband always tells me that Cleo and Merlin are dogs, they are not machines so will not always do what we want when we want. However, it has to be

said that each and every one of us takes home our own champion and our own special dog. They are the loves of our lives and that is the main issue—we love them and they know we love them, they are so special to us all—even IF they stand still in the middle of the ring, that is just Cleo!!

The lunch in Lagos was, as usual, a welcoming experience, with both lunch and company excellent. Thank you to everyone involved in making the event such a success.

The next Portuguese Water Dog Water Trial, Lagoa/Ferragudo event will be held the weekend of 20/21st June. The Beauty Contest is at Fatacil in Lagoa. The Judge is João Paula Bessa. Admission is at 16.30pm with the Classes starting at 17.00pm. Juniors from 6 to 15 months and Adult from 15 months old. The Provas Prática will be at

Praia da Angrinha Ferragudo on Sunday 21st June starting at 10.00am.

Sadly as there is a clash of show dates, I will be at the CPC Show at Loures, Lisbon on the Saturday with Cassie so I will be unable to attend the Beauty Contest but will aim to be at the Water Trial on the Sunday to watch the dogs.

Protect your pet with knowl-

edge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Jan Cobley
Paws 4 Pets
916 273 376

www.paws4pets.net

Happy endings!

Remember Buggsy Bear?

He has found a new home with a nice Irish couple who fell in love with this lovely cat and will take good care of him. We wish Buggsy Bear and his new friends the best of luck and lots of playtime.



SOS Algarve Animals

Helping the Algarve's Homeless Animals

Just a week after Katy Rexstrew and Anne Grogan started their blog SOS Algarve Animals, two of the dogs featured have had a very happy outcome. Molly and Henry, two adorable eight week old puppies have gone to a lovely new home, so brother and sister can stay together. The blog www.sosalgarveanimals.blogspot.com will be updated daily and will feature animals in foster homes and in shelters across the Algarve. If you're able to offer a home to one of the Algarve's animals in need, why not log on to SOS Algarve Animals to see all the dogs and cats waiting for someone to love them.

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CHIPPY - little sausage - is a 4 week old puppy found on the Mexilhoeira da Carregaçao roundabout and he desperately needs a loving home. If you want Chippie, please call Bridget Hicks, LAPS - Lagos Animal Protection Society - 282 687 334 (Lagos area).

ROMÉO is a very handsome young dog. He is a Labrador X which will enjoy long walks, swimming and playing ball with the children. He is a well-balanced dog which needs a garden to run and a nice family to love. Roméo has been wormed, deflead, vaccinated and castrated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



RACHEL is a lovely and playful little dog. She was rescued from the streets and she needs somebody to love. Rachel is a very loyal and house trained young bitch. Rachel has been wormed, deflead, vaccinated and spayed. Families, please welcome for her! Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



ORLANDO was abandoned at the shelter by his owners in an advanced stage of skin disease that had taken many months to develop and was very thin. We offered to have him treated if they would keep him, they agreed and the next time they dumped him on the beach. Orlando was then brought to the shelter, treated, fed and a few months later it is not the same dog: Not only he is beautiful, but also very gentle and affectionate with people. He is around 1.5 year old, vaccinated, dewormed. If you would like to give him a home, please contact:



Orlando after

Orlando before

sesimbra.bianca@gmail.com or see our other dogs at www.bianca.pt/english You can also help us by fostering an animal on distance, making a donation or buying items from our charity shop: T-shirts, mouse pads, keyrings, fridge magnets and pins.



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Albufeira & On-Line

With flights so cheap, many of our readers are visiting London for weekend shopping. Over the next few weeks we will be reviewing some outstanding but different restaurants in London we tried recently, which are really worth a visit while you are there. These are restaurants that we doubt that you would discover without a personal recommendation, they are all sensibly priced and out of the ordinary.

Royal China Club



Lobster and scallop with panfried foie gras.

When you go out to dinner with a chef, let alone a chef from a two-star Michelin restaurant, you can expect something unusual. It becomes even more interesting when he says "Let's have a good Chinese and go to China town,

followed by, no, let's try something more sophisticated", so we went to the Royal China Club in Baker Street. This proved to be no ordinary Chinese restaurant. The Royal China Group consists of five of London's most authentic and prestigious Chinese restaurants, including the luxurious and

highly acclaimed Royal China Club, which is where we headed.

The first thing to be sure about is that your taxi (assuming that's how you get to the restaurant) drops you off at 40 Baker Street, not at their other establishment, the Royal China which is a hundred or so metres further up Baker Street at



The exterior of the Royal China Club restaurant.

number 20. Both are good, and belong to the same group, the Royal China Club at number 40 is their most prestigious restaurant, under the direction of Chef Kevin Man and a very attentive and dedicated staff.

If you are waiting for other guests, you can wait at the bar in reception, otherwise you are promptly shown to your table, (reservations are highly recommended). We were recommended the 'Tasting Menu' nearly always a wise choice as most top chefs use this as a way to show their culinary talents by selecting their best dishes and getting all the courses to complement each other. It was a very wise choice.

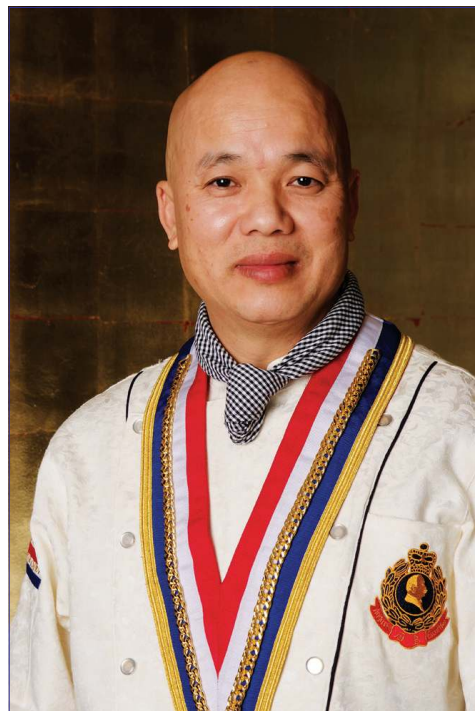
We started with Grilled Kings Scallop with Foie Gras, a French oriented dish with an Asian twist and a sprinkling of sesame seeds. Roasted Peking Duck followed with a beautifully glazed skin and cooked to perfection, which was carved and prepared at the table. Instead of the more normal pancake, this was served on a lighter than air pancake 'pillow'.

Baked Chilli Cod in minced Pork Sauce was served wrapped in lotus leaves, which had to be broken into and then released a beautifully aromatic and intense flavour. Steamed Organic Chicken and Frog's Legs in a clay pot were then brought to the table (we did tell you this was no ordinary Chinese restaurant).

George Tannock, our guest chef, said he could imagine this dish being served in a Chinese home in a small village to a special guest in the home. It was not just authentic, but so "homely" and quite delicious. Barbecued Spare Ribs in a fruity sauce were served as individual cutlets, and just fell off the bone. The Lotus Leaf rice which accompanied the dishes had a powerful fragrance and excellent flavour.

We ended with Pan Fried Mini Pumpkin Pancakes and Coconut Moss dumplings with black sesame. Yet again these were superbly subtle in flavour and complimented by the Jasmine Tea.

The Royal China Club is quite unlike any Chinese restaurant we have tried in the past, and is a 'must visit' if you want to see Chinese food served with imagination and flair. The Chef offers a modern interpretation of classic Chinese cuisine. Although we have not tried it, apparently their lunch and tea time speciality is Dim Sum, and it's not to be missed if you are in the area at that time. We will have to



Executive Chef, Kevin Man.

go back and sample these, as freshly made Dim Sum is a treat not to pass over.

The Royal China Club, 40-42

Baker Street, London. Tel: 0044 (0)20 7486 3898. Reservations are highly recommended

P.L.

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1
Angels & Demons
Tom Hanks, Ayelet Zurer
15.00-18.00-21.00 (00.05 Fri & Sat)
Scooby Doo 2
Animation PV
(11.00 Sat & Sun)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
00.00 Wed Only
2
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
11.20 Sat & Sun 16.40-22.00 (00.25 Fri & Sat)
Star Trek
Chris Pine, Zachary Quinto
13.50-19.10
3
State of Play
Russell Crowe, Ben Affleck
13.00-15.50-18.40-21.30 (00.20 Fri & Sat)
Pokemon
Animation PV
(10.50 Sat)
Monsters vs. Aliens
Animation PV
(10.45 Sun)
4
Terminator Salvation
Christian Bale, Sam Worthington
13.00-16.25-19.15-21.50 (00.35 Fri & Sat)
A Espada Mágica
Animation PV
(11.30 Sat)
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(11.30 Sun)
5
The Hangover
Bradley Cooper, Ed Helms
12.20-14.40-17.00-19.20 (00.00 Fri & Sat)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
21.40 Wed Only
6
I Love You, Man
Paul Rudd, Jason Segel
12.30-14.55-17.20-19.45-22.10 (00.30 Fri & Sat)
7
Night at the Museum 2
Ben Stiller, Amy Adams
14.05-16.30-18.55-21.20 (23.45 Fri & Sat)
Max & Co
Animation PV
(10.30 Sat & Sun)
8
Knowing
Nicolas Cage, Rose Byrne
12.30-17.05 (00.30 Fri & Sat)
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
19.50
Star Crossed
António Fonseca, Diogo Morgado
12.00-22.10
9
Ice Age 2
Animation PV
(10.55 Sat & Sun)
O Gato das Botas
Animation PV
13.10-15.10-17.10-19.10
Terminator Salvation
Christian Bale, Sam Worthington
21.10 (23.45 Fri & Sat)

**CASTELLO LOPES CINEMAS
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1
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
13.20-15.50-17.20-19.20-21.35 (23.45 Fri & Sat)
2
The Hangover
Bradley Cooper, Ed Helms
13.50-16.20-18.50-21.40 (00.20 Fri & Sat)
3
O Gato das Botas
Animation PV
13.05-15.10-17.15-19.10
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
21.20 (23.40 Fri & Sat)
4
I Love You, Man
Paul Rudd, Jason Segel
13.10-15.40-18.25-21.00 (23.30 Fri & Sat)
5
Star Crossed
António Fonseca, Diogo Morgado
13.15
Traitor
Don Cheadle, Guy Pearce
15.50-18.45-21.10 (23.50 Fri & Sat)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
21.10 Wed Only
6
Terminator Salvation
Christian Bale, Sam Worthington
13.30-16.10-18.50-21.25 (00.00 Fri & Sat)
7
Angels & Demons
Tom Hanks, Ayelet Zurer
12.45-15.30-18.20-21.15 (00.05 Fri & Sat)

8
State of Play
Russell Crowe, Ben Affleck
13.00-16.00-18.40-21.30 (00.10 Fri & Sat)
9
Night at the Museum 2
Ben Stiller, Amy Adams
13.40-16.30-19.00-21.50 (00.15 Fri & Sat)

**CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220****18 JUN-24 JUN**

1
The Hangover
Bradley Cooper, Ed Helms
13.30-16.20-18.50-21.40 (00.05 Fri & Sat)
2
Angels & Demons
Tom Hanks, Ayelet Zurer
13.10-15.55-18.45-21.30 (00.20 Fri & Sat)
3
Terminator Salvation
Christian Bale, Sam Worthington
13.20-18.00-18.35-21.10 (23.55 Fri & Sat)
4
O Gato das Botas
Animation PV
13.35-15.30-17.30-19.30
Night at the Museum 2
Ben Stiller, Amy Adams
22.00 (00.25 Fri & Sat)
5
I Love You, Man
Paul Rudd, Jason Segel
13.25-16.10-18.40-21.50 (00.10 Fri & Sat)
6
State of Play
Russell Crowe, Ben Affleck
13.15-15.50-18.30-21.20 (00.00 Fri & Sat)

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Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepa
Angels & Demons
Tom Hanks, Ayelet Zurer
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne

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Shia LaBeouf, Megan Fox
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The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
Genova
Colin Firth, Catherine Keener
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
State of Play
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Deux Jours à Tuer
Albert Dupontel, Marie-Josée Croze
Bottle Shock
Alan Rickman, Chris Pine
Terminator Salvation
Christian Bale, Sam Worthington
Traitor
Don Cheadle, Guy Pearce
Flammen & Citronen
Mads Mikkelsen, Thure Lindhardt
Night at the Museum 2
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Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
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Ben Stiller, Amy Adams
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Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
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Terminator Salvation
Christian Bale, Sam Worthington
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
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Angels & Demons
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Knowing
Nicolas Cage, Rose Byrne

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I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
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Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
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Mads Mikkelsen, Thure Lindhardt
Mes stars et moi
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Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
The Edge of Love
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Chacun son Cinéma
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Shia LaBeouf, Megan Fox
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The Hangover
Bradley Cooper, Ed Helms

State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
X-Men Origins: Wolverine
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Andrew Shim, Jo Hartley
Monsters vs. Aliens
Animation PV

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I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
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Angels & Demons
Tom Hanks, Ayelet Zurer

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The Hangover
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State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Zack and Miri Make a Porno
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Knowing
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Monsters vs. Aliens
Animation PV

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Shia LaBeouf, Megan Fox
Tue & Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
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Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
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Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
King of California
Evan Rachel Wood, Michael Douglas
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Dev Barrymore, Scarlett Johansson
Gran Torino
Clint Eastwood, Bee Vang

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Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
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I Love You, Man
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Ben Stiller, Amy Adams
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Nicolas Cage, Rose Byrne
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Don Cheadle, Guy Pearce
Angels & Demons
Tom Hanks, Ayelet Zurer
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The Edge of Love
Keira Knightley, Cillian Murphy
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

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Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon
Animation PV

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The Hangover
Bradley Cooper, Ed Helms
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon
Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
Fireflies in the Garden
Ryan Reynolds, Willem Dafoe
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

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The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne
O Gato das Botas
Animation PV
Star Crossed
António Fonseca, Diogo Morgado

**LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362****18 JUN-24 JUN**

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Bottle Shock
Alan Rickman, Chris Pine
Terminator Salvation
Christian Bale, Sam Worthington

Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon
Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
O Gato das Botas
Animation PV
Traitor
Don Cheadle, Guy Pearce

**LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362****18 JUN-24 JUN**

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Crossed
António Fonseca, Diogo Morgado

**LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362****18 JUN-24 JUN**

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

**LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362****18 JUN-24 JUN**

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

**LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362****18 JUN-24 JUN**

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Wed Only
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne
Closing the Ring
Shirley MacLaine, Christopher Plummer

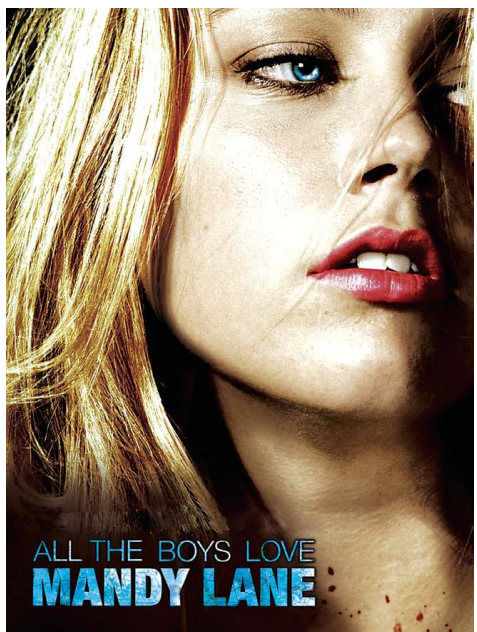
**PV = Portuguese Version
OV = English Version**



STATE OF PLAY

Handsome, unflappable U.S. Congressman Stephen Collins (Ben Affleck) is the future of his political party. All eyes are upon the rising star to be his party's contender for the upcoming presidential race. Until his research assistant/mistress is brutally murdered and buried secrets come tumbling out.

D.C. reporter Cal McCaffrey (Russell Crowe) has the dubious fortune of both an old friendship with Collins and a ruthless editor, Cameron (Helen Mirren), who has assigned him to investigate. As McCaffrey and partner Della (Rachel McAdams) try to uncover the killer's identity, McCaffrey steps into a cover-up that threatens to shake the nation's power structures. And in a town of spin-doctors and wealthy politicians, he will discover one truth: when billions are at stake, no one's integrity, love or life is ever safe.



ALL THE BOYS LOVE MANDY LANE

All *The Boys Love Mandy Lane* is a horror thriller from director Jonathan Levine. Mandy Lane (Amber Heard) is an unattainable object of adolescent lust for all the boys in her high school. Invited on a weekend away to a remote ranch, shy Mandy sees it as a chance to cement some newly formed friendships. The boys see it as a chance to be the first to attain the unattainable Mandy Lane. As night falls, joints are rolled, kegs are drunk and pills are popped, with Mandy maintaining a polite distance from all of the debauchery. She thinks the drunken 'come-ons' will be the worst of it, but she is horrifyingly mistaken. As her school mates are killed off one-by-one, it becomes clear that a secret admirer is harbouring some terrifying ulterior motives.



Two days before his wedding, Doug (Justin Bartha) and his three friends (Bradley Cooper, Ed Helms and Zach Galifianakis) drive to Las Vegas for a blow-out bachelor party they'll never forget. But, in fact, when the three groomsmen wake up the next morning, they can't remember a thing. For some reason, they find a tiger in the bathroom and a six-month-old baby in the closet of their suite at Caesars Palace. The one thing they can't find is Doug. With no clue as to what transpired and little time to spare, the trio must retrace their hazy steps and all their bad decisions in order to figure out where things went wrong and hopefully get Doug back to L.A. in time to walk down the aisle.



The long awaited sequel to the worldwide blockbuster, *Transformers*, finally makes its debut on the big screen. *Transformers: Revenge of the Fallen* premieres in Portugal Thursday, June 25. Some theatres will show the film on Wednesday, June 24, all day, others will only show it at night. And some of the UCI Cinemas will show it at night on Tuesday, June 23, and all day Wednesday, June 24. For the schedules, contact your local theatre. More information and pictures of *Transformers: Revenge of the Fallen* in next week's issue. Don't miss it!



Film Classification

The Hangover - M/12
State of Play - M/12
All the Boys Love Mandy Lane - M/18
I Love You, Man - M/12
Bottle Shock - M/12

Genova - M/12
O Gato das Botas - M/4
Terminator Salvation - M/12
Traitor - M/12
Zack & Miri Make a Porno - M/16
Let The Right One In - M/16
Night at the Museum 2 - M/12

Fly Me to the Moon - M/6
Angels & Demons - M/12
Star Trek - M/12
X-Men Origins: Wolverine - M/12
Knowing - M/12
Max & Co. - M/6
Monsters vs Aliens - M/4

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS



'Sisters-in-Law' painting by Jan Johnson

PADERNE – June 20 – Opening of the Exhibition 'Contrasts' at Galeria Corte-Real – contrasting artwork of two accomplished artists based in England; these include the paintings of Eric Pentecost and the 'trompe l'oeil' style collages of Jan Johnson – During the weekend simple savouries will be served as well as complimentary wines from the vineyards of Casa Ermelinda Freitas and Terras do Pó – Inspired by nature and the interplay of light and weather, Pentecost's paintings capture the mood and beauty of the countryside. In contrast Jan Johnson's pictures feature family life, frequently including vintage fabrics and other carefully chosen textiles to enhance her subjects – One time head of scenic art at the BBC, Jan went on to work on major film projects and is a qualified art college lecturer. In September she will be running an art course at Corte-Real – The work of both artists will continue to be displayed at Galeria Corte-Real throughout July – Tea & coffee are served every day free of charge – Opening hours – Exhibition Weekend: Sat June 20 & Sunday June 21 from 11h-19h – Normal opening hours: Fri & Sat 11h-19h, Thu & Sun: 11h-17h – Signposted from Boliqueime, Ferreiras and Paderne – T. 918 980 199 or 912 737 762

SUMMER GLAMOUR
COMEÇA O VERÃO! 24 JUNHO
QUARTA PARA QUINTA 00h30

ESTORIL DANCE SESSIONS

DI NUNO LOPES
COOPERADORES

DI ZÉ PEDRO
KIDDO MONTEIRO

DI GLUE
FEATURING VIRGIL DIA HEASEL

10 eur*
oferta de 2 bebidas**

ESTORIL – Summer Glamour at Salão Preto e Prata of Casino Estoril – 214667700 / 214825400 – Info.estoril@estoril-sol.com

ALMANCIL – July 2 – Quiz Night with Raffle at 19h30 in Aid of APAA (Association for the Protection of Animals in the Algarve) – €20 / person – Includes QUIZ + 3 course set menu – To reserve a table or places – tel: Shirley 936 933 799 – shrillys@yahoo.com – A Colina Ludo Alcantarilha – Max 7 in a team, we can arrange teams for those who don't have one.

Quiz Night w/ Raffle

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes – Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ALMANCIL

UNTIL JUNE 30

Exhibition opening includes new work by Ivan Ulmann, Jessica Dunn and four other artists – Studio GT on Rua de Vale Formoso – Prime Wine, cheese & pickle from 6pm until 8pm – 289 391 566

FARO

UNTIL JUNE 21

15th Motorcycle Meeting – Sítio da Mata Lobos – More information on www.cm-faro.pt

JUNE 21

Jazz at the Gazebo of Jardim Manuel Bivar – www.cm-faro.pt

LAGOA

UNTIL JUNE 21

Lagoa Jazz '09 – Sítio das Fontes in Estômbar – 22h00 – 282 380 434 – www.cm-lagoa.pt

LAGOS

UNTIL JUNE 30

14 years later... Art exhibition MALA at the Slavemaster – Contacts: 00351-919211557, annegret.aidan@sapo.pt.

MONDAYS

The New Orleans Jazz Band – Free concert – 20h30 – Tivoli Hotel – Rua Vasco da Gama – 289 591 804

LOULÉ

UNTIL JUNE 20

Solo Photo Exhibition by Raul Morgado – chã d'Arte Tea Room and Art Gallery – Open Mon-Fri: 13h00-2h00; Sat: 10h30-2h00; Closed Sundays – D. Pedro I Square, nº 5, 6 – 964 628 735

JUNE 27

BBQ at Quinta Fonte do Bispo, Sta. Catarina in aid of Canil São Francisco (S. Francisco Kennel) – Organised by the Tavira Fund Raisers – €15/person – The Canil takes in neglected and ill treated animals and cares for them – The proceeds from this BBQ will go to help pay vets bills and buy food and disinfectant so please support us if you can – Contact Pat on 281 323 493 or email diane@sdeals.com to book tickets or for further information.

PADERNE

UNTIL JUNE 30

Exhibition 'Perfectly Small Paintings at Prices Affordable Prices' by 20 talented international artists – Picture box space of Corte-Real art gallery – also available are selected pottery, sculptures, organic products & produce – Fri & Sat: 11h-19h; Thu & Sun: 11h-17h – Signs

SOUTH

from Boliqueime, Ferreiras & Paderne – T. 918 980 199 / 912 737 762

PERA

UNTIL OCT 22

'Discoveries' International Sand Sculpture Festival – Construction site on road to Algoz – Open daily from May 22 to October 22 – 10h00 and 24h00 – 969 459 259 – www.fiesa.com

PORTIMÃO

TUESDAYS

The New Orleans Jazz Band – Mariner's Bar/Restaurant – R. Santa Isabel – 914 806 310

S. BRÁS DE ALPORTEL

JUNE 21

The Amigos do Museu de São Brás will be hosting a great **Carbo-Verdian Festival** at at 17h00 in the patio and gardens of the museum – Our guest will be Danae Estrela and her group, Os Novos Crioulos, playing Afro-Indian Jazz – Danae, currently a very popular singer and composer will be accompanied by: Danilo Lopes, Guitar & chorus, Raymundo Engelhardt, washboard, & percussion, Johannes Krieger, trumpet – Rua Dr. José Dias Sancho nr 61 – TM: 966 329 073 – www.amigosdo-museu-sbras.org

SILVES

JUNE 25

'Mid Summer Madness' – A dance to celebrate Mid Summer at Silves Cine theatre – From 20h00 until late – Tickets cost 10 Euros to include a welcoming drink and canapés – Live music by Collar and Cuffs – All proceeds to Castelo de Sonhos – For tickets and info. 282 332 665

TAVIRA

JUNE 27

Aeroclube Tavira 11th Anniversary – Throughout the day there will be air displays by many aircraft flying in from Spain & Portugal, also air experience flights available for those who would like to see Tavira & the beach by air. Then there will be a Pitt Special static plane doing fabulous stunts, also a demonstration of motors late afternoon – All welcome – Admission free – airstrip on EN125 +- 100 yds from the two Galp petrol stations near Aldi

UNTIL JUNE 28

Exhibition 'RAP (Robotic Action Painter) – A Portuguese Robot created by Leonel Moura – Palácio da Galeria Educational Services of Tavira Municipal Museum – 281 320 500 (Ext. 324) – edu.museum@cm-tavira.pt

VALE DO LOBO

UNTIL JULY 28

Unique collection of abstract pieces by João Paramés at Vale do Lobo Art Gallery – Free – Mon-Sat: 10h-19h – 289 353 322 – events@vdl.pt

NORTH

UNTIL JUNE 20

'Invasion' Drawing Exhibition by Craig Atkinson – Galeria Dama Afita – Rua da Picaria, 84 – T. 927 203 858 – www.damaafita.com

JUN 23

Concerto de S. João (St. John Concert) by the ONP – Orquestra Nacional do Porto (Porto National

Orchestra) conducted by Pedro Neves – Music from Dmitri Chostakovitch, Heitor Villa-Lobos, Eduard Strauss, Richard Rodney Bennett, Jonathan Dove, Maurice Ravel and John Adams – 22h00 – Square in front of Casa da Música – Free entrance – Tel: 220 120 214 – Casa da Música is on Av. da Boavista, nºs 604 to 610 – www.casadamusica.com

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 – Tickets can be bought until 10 minutes before the visit – Price: € 2; Free for children under 12 – T. 220 120 214 – Av. da Boavista, 604-610 – www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions – Sat: 17h-20h; Sun: 12h-13h – to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h – to the park Sun: 11h-12h – Visits are free on the purchase of an entrance ticket to the museum – Rua D. João de Castro, 210 – T. 226 156 584 • www.serralves.pt

www.the-news.net

CENTRE

CASCAIS

DAILY

Cascais Cultural Centre – Concerts, shows, exhibitions, & other events. – shops, coffee shop & terrace – Open: 10h00-18h00 (Closed Mon) – Av. Rei Humberto II de Itália – 214848900

DAILY

Sea Museum – Rei D. Carlos – Rua Júlio Pereira da Mello in Cascais – 214825400

ESTORIL

JUNE 20

Concert evoking Mozart by the Orquestra Metropolitana de Lisboa (Lisbon Metropolitan Orchestra) – 17h00- Tickets €10 – Info.estoril@estoril-sol.com 214667700 – 214825400

DAILY

Casino Estoril – Shows, games, concerts, lots of entertainment and Art Gallery – Info.estoril@estoril-sol.com 214667700 – 214825400

GOLEGÃ

UNTIL MAY 31

Paintings & Etchings by Mary St. George – Galeria de Arte 'João Pedro Veiga' – Rua D. João IV, 2150 Golegã – T. 249 979 000 – Tue-Sun (closed Mon & holidays) – 9h30-18h00 – www.zhibit.org/marystgeorge

LISBON

JUNE 20

Concert by Calouste Gulbenkian Orchestra – Open Air Amphitheatre – Calouste Gulbenkian Foundation – Av. de Berna 45A – 217 823 000

DAILY

Influxcontemporary is a new space dedicated to African Contemporary Art – Open From Wednesday to Saturday from 14h00 to 19h00 – **Influxcontemporary** is situated on Rua Fernando Vaz, 20B – T. 918 501 234 – www.influxcontemporary.com

WWW.THE-NEWS.NET

Lisbon Summer Concerts
(Tickets: See details bottom page)

June 25 & 28 – Mamma Mia – Pavilhão Atlântico at 21h15 & 16h00 – Musical – €40 to €70 – **June 28 – Elton John** in concert – British singer and song writer – Pavilhão Atlântico – €40 to €125 – **July 4 – Kylie Minogue** at Pavilhão Atlântico – 21h00 – Pop/Rock – **July 22 – Eagles** 'Long Road out of Eden' – 21h00 – Pop/Rock – Pavilhão Atlântico – **July 25 – Anastacia** – 21h00 – Pop/Rock – Pavilhão Atlântico – **July 30 – Leonard Cohen** – 21h00 – Pop/Rock – Pavilhão



Atlântico – July 31 – Seal in concert at Cascais Hippodrome – 22h00 – Seal, the most popular soul vocalist of the decade – Tickets: €20, €60



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 324 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News: Weather. (T) 12.10 Formula 1: The British Grand Prix - Qualifying. This afternoon's session at Silverstone. (T) 2.20 Royal Ascot. Including the 3.45 Golden Jubilee Stakes (6f). (T) 4.45 The Green Green Grass. (R) (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz. (R) (T)

6.00 Outtake TV. Anne Robinson presents a selection of celebrity blunders from some of the BBC's major shows, including Sense and Sensibility, Little Dorrit and The Office. (R) (T)

6.25 BBC News: Regional News: Weather. (T)

6.45 Robin Hood. Part one of two. The outlaws discover King Richard is on his way back to England - and that Isabella is rallying troops to help Prince John's cause to usurp his brother. Desperate to overthrow the sheriff, they plot to storm the castle and take her prisoner. However, Isabella proves to be a formidable foe and has more than a few tricks up her sleeve - not least joining forces with half-brother Archer, who helps set a trap for Robin and Guy as they enter the castle. Jonas Armstrong, Richard Armitage and Lara Pulver star. (T)

7.30 Totally Saturday. American pop group Jonas Brothers help Graham Norton spring some surprises in the weekly entertainment show in which unsuspecting members of the public have pranks played on them. Pet Shop Boys provide live music and two more families battle it out for the chance to win a holiday. (T)

8.30 The National Lottery Draws. With singer and actor Chris Isaak. (T)

8.40 Casually. Jeff decides to fight his estranged wife for custody of their children, but his plans may not be realistic. Ruth starts seeing the benefits of Jay's advice about connecting with patients, and Alice is annoyed by her mother and Tess's interference in her wedding plans. Gillian Taylorfirth guest stars as an alcoholic struggling to keep her family together after her sons have been taken into care, who is injured when a building collapses. (T)

9.30 **Michael McIntyre's Comedy Roadshow.** The comedian continues his tour of the nation's most prestigious and iconic venues by visiting the Birmingham Hippodrome. Shappi Khorsandi leads tonight's showcase of stand-ups from the UK comedy circuit, with support from Tom Stacey, Steve Hughes and Paul Tonkinson. (T) 10.15 BBC News: Weather. (T) National Lottery Update. (T)

10.35 FILM: Firewall (2006). Action thriller, starring Harrison Ford. (T)

12.15 Friday Night with Jonathan Ross. (R) (T) Weatherwise. (T) 1.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Elliot Kid. (R) (T) 7.50 The Owl. (R) (T) 7.30 Dinosaurs. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsround. (R) (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Tumble. (R) (T) 10.00 Transmission Impossible with Ed and Ouch. (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Class of 2008 - Graduated. (R) (T) 12.55 BBC Switch: This is... N-Dubz. (T) 1.05 BBC Switch: Class of 2008 - Graduated. (R) (T) 1.30 BBC Switch: Sound. (T) 2.00 FILM: The Lady from Shanghai (1947). Murder mystery, with Orson Welles. (T) (bw) 3.25 Live Athletics. The European Team Championships. (T) 7.30 China's Capitalist Revolution. Documentary marking the tragic events in Tiananmen Square in Beijing 20 years ago, examining Deng Xiaoping's economic reforms and the motives of the demonstrators who opposed them. (T) 9.00 Have I Got a Bit More News for You. Extended edition, with guest host Jerry Springer. (R) (T) 9.40 Blood and Guts: A History of Surgery. New series. How surgical breakthroughs have shaped modern medicine. (T) 10.40 The Supersizers Eat. (R) (T) 11.40 FILM: Risky Business (1983). Comedy, starring Tom Cruise. (T) 1.15 FILM: Metropolis (1990). Comedy, starring Edward Clements. (T) 2.50 FILM: In All Innocence (1998). Thriller, starring Virginie Ledieu. 4.25 Inside F1. The latest news and views from the world of Formula 1. (T) 4.40 Close.

Pick of the Day

Michael McIntyre's Comedy Roadshow (BBC1, 9.30pm)

The BBC just can't seem to get enough of Michael McIntyre, who has gone from virtual unknown to king of comedy in just 12 action-packed months. And his roadshow highlighting the best of the nation's stand-ups is the perfect platform for his exuberant, whimsical kind of humour. And whoever did the research on the swiftly put-together vehicle deserves a medal, as they really have bagged some cracking comics. Tonight Michael continues his new Saturday night entertainment show, in which he travels around Britain visiting some of the UK's most prestigious and iconic venues unearthing some of comedy's brightest new talent and finest comedians en route. This time the venue is Birmingham Hippodrome and Michael is joined by special headline guest Shappi Khorsandi, with additional stand-up from Tom Stacey, Steve Hughes and Paul Tonkinson. Shappi's routines about her 'gangsta' younger sister are a joy to behold, and Tonkinson is one of the most popular acts on the circuit. Other headline acts to appear during the series include: Sean Lock at the Swansea Grand; Patrick Kielty at the Waterfront Hall in Belfast; and Al Murray at the Brighton Dome.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British Formula 3. 8.00 The Morning Line. (T) 9.00 T4: Yo Gabba Gabba. (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Beyonce v Rihanna: Top 10. (T) 11.05 T4: Friends. (R) (T) 11.35 T4: Big Brother. (R) (T) 12.35 T4: Big Brother. (R) (T) 1.05 T4: Pink: Video Exclusive. (T) 1.10 T4: Scrubs. (T) 1.40 T4: Tommy Reilly: unsignedAct - The Winner's Story. (T) 2.00 Channel 4 Racing from Newmarket, Ayr and Redcar. Including the 3.15 intercasino.co.uk EBF Fillies' H'cap Stakes (1m). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Bear Grylls: Born Survivor. The survival expert is marooned on a Dominican island in hurricane season. (T) 8.00 ER. Abby's first day as an attending does not go as expected. She gets into a dispute over how to treat a gunshot victim, helps Sam at her disciplinary hearing and upsets Neela. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 Russell Brand Doing Life 2007. Stand-up comedy from London's Hackney Empire. (T) 11.10 Alan Carr: Chatty Man. (R) (T) 11.55 Big Brother's Big Buildup. 1.05 Big Brother Live. 4.00 FILM: Odd Girl Out (2005). Drama, starring Alexa Vega. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (T) 7.10 Franklin. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Sailor Sid. (R) (T) 7.55 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist: Sheepdog Tales. (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 Fifth Gear. (R) (T) 11.30 Axe Men. (R) (T) 12.30 FILM: Three Ninjas Knuckle Up (1995). Adventure sequel, starring Michael Treanor. (T) 2.05 Air Force Afghanistan. (R) (T) 3.05 FILM: Saddle the Wind (1958). Western drama, starring Robert Taylor and John Cassavetes. (T) 4.40 FILM: Sunset (1988). Comedy thriller, starring Bruce Willis. (T) 6.40 Five News. (T) 6.45 FILM: The Magnificent Seven Ride! (1972). A marshal assembles a new band of gunslingers to avenge the deaths of his wife and friend. Western sequel, starring Lee Van Cleef and Stefanie Powers. (T) 8.30 NCIS. Duqu identifies two dismembered bodies as those of a prosecutor and a sheriff he worked with on a rape case 10 years previously - and realises he is the killer's next target. (R) (T) 9.30 CSI: NY. Stella learns her old mentor Professor Papakota may be connected to the smuggling of Greek artefacts and travels to Greece to investigate. Melina Kanakaredes stars. (T) 10.30 Law & Order. (T) 11.30 The Real CSI. (R) (T) 12.00 Quiz Call. 3.45 Neighbours. (R) (T) 4.10 Neighbours. (R) (T) 4.35 Neighbours. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (R) (T) 9.50 Countrywise. (R) (T) 10.20 Quincy ME. (R) (T) 11.20 FILM: Jeremiah Johnson (1972). Western, starring Robert Redford. (T) 1.15 ITV News and Weather. Weather. (T) 1.20 Who Wants to Be a Millionaire? (R) (T) 2.20 Beat the Star. (R) (T) 3.35 FILM: Peter Pan (2003). Fantasy adventure, starring Jason Isaacs. (T)

5.30 London Tonight. Weather. (T)

5.45 ITV News and Weather. (T)

6.00 You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including a dog's encounter with a whoopee cushion and a cat that can stick to brick walls. (R) (T)

6.30 Animals Do the Funniest Things. Stephen Mulhern meets the creatures of the Daintree, Australia's largest rainforest, and presents more incredible stories and comical clips from around the animal world, including a dog that can drive a tractor and a real-life lion in a china shop. (T)

7.30 All Star Mr & Mrs. Comedian John Thomson and his wife Samantha, musician Goldie and his partner Mika, and actor Gaynor Faye and her boyfriend Mark Pickering reveal whether they really were made for each other. Fern Britton and Phillip Schofield ask the questions as the couples expose their relationships to public scrutiny to raise money for charity. (T)

8.30 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to take the hot seat and answer questions that could change their lives, with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.30 Mumbai Calling. Terri gives the call centre operators a crash course in self-confidence. However, when Dev's assistant Amar is distracted by his forthcoming arranged marriage and left a broken man by the assertiveness workshop, the managers rally round to help him confront his parents about the forthcoming nuptials. Nani Ganatra stars. (T)

10.00 ITV News and Weather. Weather. (T)

10.15 FILM: Lethal Weapon (1987). An unbalanced Vietnam veteran cop is partnered with a steady family man to smash a drugs cartel. Action thriller, with Mel Gibson and Danny Glover. (T) 12.20 Six Degrees. (R) (T) ITV News Headlines. 1.05 FILM: One Million Years BC (1966). Prehistoric adventure, starring Raquel Welch. (T) 2.45 Nightwatch with Steve Scott: Crime. (R) (T) 3.35 ITV Nightscreen.

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LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 TBA 1300 News 1415 Top+ 1530 TBA 1900 O Prego Certo 2000 News 2100 Voz do Cidadão 2115 Dá-me Música 2315 The Sweetest Thing. film 0120 Rally 0130 Close to Home, series 0300 Top+ 0415 Telesales

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Children's Film 1345 Zig Zag 1400 Parlamento 1500 Sports 1930 Entre Pratos 2015 The Class, series 2045 Tasmanian Devil: The Fast And Furious Life Of Errol Flynn 2145 A Hora da Sorte 2200 News 2240 The Sea Hawk, film 0030 Master of Ballantrae, film 0230 Sports 0615 Euronews

SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1015 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Amor de Verão 2345 Film 0200 Quando o Telefone Toca

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antena 1300 News 1400 Film 1600 Film 1800 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Flor do Mar 2315 Olhos nos Olhos 0015 China Strike Force, film 0215 Sempina a Soma 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Match of the Day Live 9.30 Film: What Women Want 12 (2000) 11.30 Live at the Apollo 12 15 Family Guy 12.40 American Dad! 1.00 Personal Affairs 2.10 The Real Hustle on Holiday 2.40 Bizarre ER 3.10 Make My Body Younger 4.10 Personal Affairs 5.20 Close

BBC4
7.00 Crude Britannia: The Story of North Sea Oil 8.00 Jackie Stewart: The Flying Scot 9.30 Jim Clark: The Quiet Champion 10.30 Graham Hill: Driven 11.30 Cobra Ferrari Wars 12.30 In Search of Speed 1.30 Leonard Cohen Live in London 2.30 Leonard Cohen: Songs from My Life 3.45 Crude Britannia: The Story of North Sea Oil 4.45 Close

ITV2
1.20 FILM: Johnny English PG (2003) 3.00 The Planet's Funniest Animals 3.30 The Isle of Wight Festival 2009: Highlights 4.30 The World's Got Talent 5.30 America's Got Talent 6.30 America's Got Talent 7.30 Film: Jurassic Park III PG (2001) 9.25 FILM: Kevin and Perry Go Large 15 (2000) 11.10 America's Got Talent 12.10 America's Got Talent 1.10 FM 1.40 Ricki Lake 2.20 Judge Judy 2.40 Teleshopping 5.40 ITV2 Nightscreen

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THE PORTUGAL NEWS

Sky1
1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Don't Forget the Lyrics 3.00 Bile Size Brainiacs 3.15 Film: Dazzle UI (1999) 5.00 Guinness World Records Smashed! 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Martina Cole's The Take 10.00 Martina Cole's The Take 11.00 Ross Kemp in Search of Pirates 12.00 Miami SWAT 1.00 Road Wars 1.55 Road Wars 2.50 The Villa 3.45 Drugs Wars: DEA 3.45 Weeds 5.10 Brainiac: Science Abuse

GOLD
1.25 Only Fools and Horses 2.30 Only Fools and Horses 3.35 Only Fools and Horses 4.15 Only Fools and Horses 4.55 Only Fools and Horses 5.35 Only Fools and Horses 6.50 Only Fools and Horses 7.55 Only Fools and Horses 9.00 Jonathan Creek 10.10 Film: And Now for Something Completely Different PG (1971) 11.55 Porridge 12.35 The Thin Blue Line 1.15 What a Carry On! 1.50 Porridge 2.25 The Thin Blue Line 3.00 Close

TCM
1.00 Promise Her Anything PG (1966) 3.00 The Master of Ballantrae PG (1953) 4.45 Montana PG (1950) 6.30 The Hill PG (1965) 9.00 Surviving Picasso 15 (1996) 11.25 The Screening Room 11.55 The Terminal Man 15 (1974) 1.40 Stealing Home 15 (1988) 3.15 The Terminal Man 15 (1974) 5.00 Promise Her Anything PG (1966) The Disney Channel

Kids' programmes from 7am, except 4.00 Film: Camp Rock PG (2008). Musical, starring Demi Lovato. 8.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez.

Sky Movies Drama

6.00 On Broadway 12 (2007) 7.45 A Soldier's Story 15 (1984) 9.30 Charlie Wilson's War 15 (2007) 11.15 Becoming Jane PG (2006) With Anne Hathaway. 1.25 The Top 10 Show 1.45 The American President 15 (1995) With Michael Douglas. 3.45 Phenomenon PG (1996) With John Travolta. 6.00 August Rush PG (2007) With Freddie Highmore. 8.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 10.00 Deception 15 (2008) With Hugh Jackman. 12.00 Titus 18 (1999) With Anthony Hopkins. 2.45 In Dreams 18 (1999) With Annette Bening. 4.30 To Be Fair Like Me PG (2007)

Sky Movies Comedy

6.00 Stop! Or My Mom Will Shoot PG (1992) 7.35 Leatherheads PG (2008) 9.35 The Great White Hope 15 (1996) 11.10 Juno 12 (2007) With Ellen Page. 12.50 Be Kind Rewind 12 (2006) With Jack Black. 2.35 Superbad 15 (2007) With Jonah Hill. 4.30 House of Lies PG (1991)

With Steve Martin. 6.15 Juno 12 (2007) With Ellen Page. 8.00 Be Kind Rewind 12 (2006) With Jack Black. 9.45 Year One Special 10.00 Superbad 15 (2007) With Jonah Hill. 12.00 Housesitter PG (1991) With Steve Martin. 1.50 Hot Rod 12 (2007) With Andy Samberg. 3.30 Mamma Mia! Stage to Screen 4.00 Leatherheads PG (2008)

Sky Movies Action/Thriller

6.30 NYC: Tornado Terror 12 (2008) 8.10 Final Analysis 15 (1992) 10.20 Blue Streak 12 (1999) 12.05 The Bank Job 15 (2008) With Jason Statham. 2.05 The Top 10 Show 2.20 Zulu PG (1964) With Michael Caine. 4.40 Three Kings 15 (1999) With George Clooney. 6.45 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 9.00 The Bank Job 15 (2008) With Jason Statham. 10.55 The Glimmer Man 18 (1996) With Steven Seagal. 12.30 Die Hard 4.0 15 (2007) With Bruce Willis. 2.45 The Brave One 18 (2007) With Jodie Foster. 4.50 NYC: Tornado Terror 12 (2008)

Sky Sports 1

6.00 ICC World Twenty20 Cricket 8.00 Where Are They Now? 8.30 Live International Rugby Union. New Zealand v France (Kick-off 8.35am). 10.45 Live International Rugby Union. Australia v Italy (Kick-off 11.00am). 1.00 Live International Rugby Union. South Africa v British & Irish Lions (Kick-off 2.00pm). 4.30 International Rugby Union. 5.00 International Rugby Union. 7.00 Live US Open Golf. The third day's play from Bethpage State Park. 1.00 International Rugby Union. 3.00 International Rugby Union. 3.30 Super League 5.30 Where Are They Now?

Sky Sports 2

6.00 Tight Lines 7.00 Under-21s European Championship Football 9.00 Cricket AM 10.30 Where Are They Now? 11.00 Under-21s European Championship Football 1.00 US Open Golf 5.00 NFL: Total Access 6.00 Live Super League. Harlequins v Leeds Rhinos (Kick-off 6.00pm). 8.00 Live Masters Football. The London Masters. 11.00 Super League 1.00 Masters Football 4.00 World Sport 4.30 NFL: Total Access 5.30 World Sport

Sky Sports 3

6.00 Sports Unlimited 7.00 US Open Golf 11.00 WWE: Smackdown 1.00 Max Power 2.00 ICC World Twenty20 Cricket 4.00 Sports Unlimited 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 International Rugby Union 10.00 Where Are They Now? 10.30 Extreme Championship Wrestling 11.30 WWE: Late Night - Smackdown 1.30 WWE: Late Night - Bottom Line 2.30 NFL: Total Access 3.30 Where Are They Now?

4.00 Max Power 5.00 Sports Unlimited

British Eurosport

7.30 Rallying 8.35 F1: The Factory 9.05 Formula Two Championship 10.30 Live Rallying. The Rali Transiberico. 11.00 Live Formula Two Championship. Race one at the Masaryk Circuit in Brno, Czech Republic. 12.00 Live WTA Tennis. The AEGON International final. 4.00 Live Athletics. The European Team Championships. 7.15 World Superbikes 8.15 Live Rallying. The Ypres Westhoek Rally. 9.15 Rallying 9.45 World Superbikes 10.45 MotoGP 12.00 Rallying 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Friday Fight Night 9.00 Premier League Years 11.00 Super League 1.00 Friday Fight Night 3.00 Under-21s European Championship Football 5.00 Premier League Years 7.00 Where Are They Now? 7.30 World Sport 8.00 50 Greatest Pool Tricks 10.00 Max Power 11.00 NFL: Total Access 12.00 Premier League Years 2.00 50 Greatest Pool Tricks 4.00 Premier League Years

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BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 The Politics Show. (T) 12.10 Formula 1: The British Grand Prix. This afternoon's race at Silverstone. (Start-time 1.00pm). (T) 3.25 EastEnders. (T)

5.20 Lifeline. Peter Snow appeals on behalf of the Jubilee Sailing Trust. (T)

5.30 Songs of Praise. Aled Jones is in Wales, where he meets poet Gwyn Thomas, learns about the former slate quarrying industry in Llanberis and flies with the RAF Valley search and rescue crew. (T)

6.05 Last of the Summer Wine. Hobbo discovers that an infirm friend needs help to bury his pet in the churchyard, and calls on Alvin and Entwistle to carry out the deed. Last in the series. (T)

6.35 BBC News: Regional News. Weather. (T)

7.00 Countryfile. Matt Baker and Jules Hudson examine efforts to give a new lease of life to Exmoor's ponies and protect crayfish, and go in search of the area's hidden secrets. John Craven investigates the decline of farmland birds. Adam Henson finds out whether his prize cattle are clear of TB and plant expert James Wong takes part in the World Nettle Eating Championships in Dorset. Includes Weather for the Week Ahead. (T)

8.00 Hope Springs. Shoo makes a foolish decision that threatens to blow the girls' secret identities, handing in a mobile phone covered in her DNA, belonging to Dean's missing brother. Meanwhile, Sadie's plan to boost business by catering for Gil and Ann Marie's wedding hits a snag when an Environmental Health Officer attends and considers closing down the hotel. (T)

9.00 Casualty 1909. Ethel Bennett fears her secret alliance with Culpin and covert training to become a doctor have been discovered when she is sent into private nursing by Matron Eva Luckes. Meanwhile, scandal brews when Mr Dean is suspected of ignoring the worrying side-effects of a new anaesthetic, bringing the surgeon into direct conflict with Hury Fenwick. Drama, starring Charity Wakefield, Cherie Lunghi and Paul Hilton. (T)

10.00 BBC News: Weather. (T)

10.20 FILM: Minority Report (2002). A cop goes on the run when three supposedly infallible psychics identify him as a future murderer. Sci-fi thriller, with Tom Cruise and Colin Farrell; (T) Weatherview. (T)

12.40 Sign Zone: Everest ER. (R) (T) 1.10 Sign Zone: Holby City. (R) (T) 2.10 Sign Zone: English Heritage. (R) (T) 3.10 BBC News. (T)

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BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Dinopapier; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High; (R) (T) The Owl. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Celebrity MasterChef. (R) (T) 12.00 Great British Menu. (R) (T) 1.00 Escape to the Country. (R) (T) 1.45 FILM: Mrs Caldicot's Cabbage War (2000). Comedy drama, starring Pauline Collins. (T) 3.30 Live Athletics. The European Team Championships. (T) 7.30 Oz and James Drink to Britain. Searching for drinks that represent the British Isles. (R) (T) 8.00 Top Gear. New series. The presenters compete in a Fifties-style race from London to Edinburgh. (T) 9.00 James May on the Moon. The presenter embarks on a mission to learn about the first moon landing. (T) 10.00 Empire of Cricket. The role of cricket in India, examining how the game evolved from its beginnings as the sport of English colonisers to the riches of today's IPL. Last in the series. (T) 11.00 Cricket: ICC World Twenty20. (T) 12.00 Rowing World Cup. The World Cup regatta from Munich in Germany. (T) 1.00 FILM: The Rains of Ranchipur (1955). Romantic drama, starring Richard Burton. (T) 2.40 BBC News. (T) 3.10 The Super League Show. (T) 3.55 Close.

Pick of the Day

James May on the Moon (BBC2, 9pm)

Unfortunately, despite the title, the Top Gear co-presenter won't be boarding a Space Shuttle and jettling off to the Earth's most famous satellite. Instead, this is a documentary being broadcast as part of a season of programmes designed to celebrate the forthcoming 40th anniversary of those first "small steps" on the Moon, taken by Neil Armstrong, On July 21, 1969, when the event took place, May was six-years-old, and watching it all unfold, "I can see quite vividly the black-and-white footage. When I watch that bit of footage now, I'm taken right back to that moment when I was six years old, and I can see the old wallpaper and the old-fashioned telly and everything that was in the room." That moment left a lasting impression on May, who's been slightly obsessed with space travel ever since. According to some observers, the time is almost upon us when commercial flights will be taking paying customers into orbit — and May hopes he's one of them. But he's more excited about what else may lie in the future. So, 40-odd years from now, could we look forward to an 86-year-old James May presenting James May On Mars? "I'd very much like to think so, yes." And you get the feeling he really means it!

C4

6.10 The Hoobs. (R) (T) 6.35 FIVB Beach Volleyball. (R) (T) 7.30 Ocean Race. (T) 8.30 Triathlon. The first round of the British Triathlon Super Series from Lanarkshire. (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: Big Brother. (R) (T) 1.30 T4: Big Brother's Little Brother. (T) 2.35 T4: Friends. (R) (T) 3.10 T4: The Big Bang Theory. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Supernanny USA. (T) 6.30 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune: The Last Show Before the Recovery. The trio look back at the origins of the current economic meltdown. Last in the series. (T) 8.00 Wife Swap. Hairdresser Kerry Murphy exchanges families with self-confessed lady mother Kelly Moyston. Kerry lives life in the fast lane, while Kelly is content to let her fiancé do the work. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Alan Carr: Chatty Man. The comedian is joined by actor Samuel L. Jackson, socialite Ivana Trump and singer-songwriter Katy Perry, who also performs her latest single Waking Up in Vegas. (T) 10.50 8 Out of 10 Cats. (R) (T) 11.25 FILM: Domino (2005). Premiere. Thriller, starring Keira Knightley. (T) 1.45 Big Brother Live. 4.00 Scrapheap Challenge. (R) (T) 5.00 GT4 European Cup. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (T) 11.50 Milkshake! Music Box. (R) (T) 7.15 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.50 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.15 Make Way for Noddy. (R) (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.30 Sailor Sid. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist Sheepdog Tales. (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everbody Hates Chris. (R) (T) 11.00 Megastructures. (R) (T) 12.00 Build a New Life in the Country. (R) (T) 1.00 Extraordinary People: Real Wolf Kids. (R) (T) 2.00 The Hotel Inspector. (R) (T) 3.00 Animal Rescue Squad. (R) (T) 3.15 FILM: Logan's Run (1976). Sci-fi thriller, starring Michael York. (T) 5.30 Five News. (T) 5.40 FILM: The Karate Kid (1984). Martial arts adventure, starring Ralph Macchio and Pat Morita. (T) 8.00 Among the Ape. New series. Charlotte Uhlenbroek travels the globe to spend time with simians in their natural habitat, beginning in Uganda for a two-week encounter with a group of chimpanzees. (T) 9.00 FILM: XXX (2002). An extreme sports star-turned-spy is assigned to bring down a gang of international terrorists. Action adventure, with Vin Diesel and Samuel L. Jackson. Includes Five News Update. (T) 11.20 FILM: 187 (1997). Classroom drama, starring Samuel L. Jackson. (T) 1.35 Ironman Triathlon. 2.25 Boxing Classic. (R) 2.50 Boxing USA. 3.50 Motorsport Mundial. 4.15 Race and Rally UK. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (T) 11.50 ITV News and Weather; Weather. (T) 12.00 Wish You Were Here: Now & Then. (T) 12.30 Dream Homes. (T) 1.30 Dickinson's Real Deal. (R) (T) 2.30 FILM: Columbo: The Conspirators (1978). Crime drama, starring Peter Falk. (T) 4.30 Agatha Christie's Poirot. (R) (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 The Royal. New series. With Susie and Carnegie's relationship the talk of the hospital, Matron reaches the end of her tether when her niece turns up late for work and she decides to suspend her. Mr Rose faces a personal trial when his golfing friend ends up in the operating room and Dr Burnett wrestles with a dilemma. Ormerod and Bobby try to rescue a farmer who is trapped under a combine harvester. Starring Sarah Beck Mather, Wendy Craig and Damian O'Hare. (T)

8.00 Stephen Tompkinson's African Balloon Adventure. The actor makes the final stops on his trip, catching a crocodile in the Okavango Delta, observing elephants in Namibia and finishing on the Skeleton Coast. Last in the series. (T)

9.00 Kingdom. Peter takes on a complex legal and moral case at the local medical research facility, while Nigel and Lyle try to save an order of nuns from eviction. Beatrice launches an adult chatline to fund Peter's school fees - but the new venture soon attracts a call from none other than the girl's father. Guest starring Jaye Griffiths and Anna Massey, with Stephen Fry, John Thomson and Karl Davies. (T)

10.00 Ladies of Letters. Vera accepts an invitation to stay with Irene, but plots her copybook by upstaging her at the cricket club drama. Comedy, starring Maureen Lipman and Anne Reid. (T)

10.30 ITV News and Weather. (T)

10.45 The Unforgettable Hattie Jacques. Tribute to the Carry On star whose matronly mannerisms and larger-than-life persona earned her a place in the nation's hearts. With contributions by Eric Sykes and Bob Monkhouse. (R) (T)

11.15 Crossing Jordan. Macy and Nigel investigate a grisly discovery in a motel bedroom and Jordan finds evidence suggesting a college fencing student's apparent suicide was really murder. Starring Jill Hennessy, Miguel Ferrer and Steve Valentine. (T)

12.00 TT 2009. (T) 12.50 The Cosby Mysteries. (R) (T) 1.40 Quincy ME. (R) (T) ITV News Headlines. 2.35 The Fat Bribes Revisited: Tonight. (R) 3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL Best of the Rest

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 IV Lisboa Bike Tour 09 1200 T2 Para 3 "Remodelado" 1230 Destinos.pt 1300 News 1415 Sô Vistol 1500 Prison Break... series 1615 Terminator: The Sarah Connor Chronicles, series 1700 Mickey Blue Eyes, film 1900 TBA 1930 Football 2115 News 2145 As Escolhas de Marcelo Rebelo de Sousa 2215 Festa de Dança 2315 Os Contemporâneos 0000 Bati, film 0200 Rally 0210 Un Long Dimanche de Fiançailles, film 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0730 África/Global 0800 Músicas de África 0900 Caminhos 0930 70/7 1000 Nós 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 Nacional Geographic 1345 Voz de Cidadão 1400 Sports 1945 Arte e Emoção 2015 Alma e a Gente 2040 The Simpsons 2100 7 Palmas de Testa 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0115 National Geographic 0215 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 Tá a Gravar 2330 Film 0200 Quando o Telefone Toca

TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2200 Flor do Mar 2300 Olhos nos Olhos 0000 Collateral, film 0215 Sempre A Somar 0400 Lado A Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Teleshopping 3.15 Ricki Lake 3.55 Teleshopping 5.55 ITV2 Nightscreen

Sky1
1.00 The Real A&E 2.00 Lie to Me 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Don't Forget the Lyrics 8.00 Guinness World Records Smashed! 9.00 House 10.00 Lie to Me 11.00 Bones 12.00 Night Cops 1.00 Road Wars 1.50 Road Wars 2.40 Inside: Alaska's Toughest Prison 3.30 The Villain 4.20 Brainiac: History Abuse 5.10 Brainiac: Science Abuse

GOLD
1.30 Only Fools and Horses 3.15 Only Fools and Horses 3.55 Only Fools and Horses 5.35 Only Fools and Horses 7.15 Only Fools and Horses 9.00 Film: And Now for Something Completely Different (1971) 10.45 It's - the Monty Python 11.50 Pythonland 12.10 Film: Spam to Spam 12.50 It's - the Monty Python 12.10 Pythonland 12.15 Pythonland 12.25 Close Up 2.25 Spam to Spam 3.00 Close

TCM
1.00 The Singing Nun (1966) 3.00 Auntie Mame (1958) 5.45 Fort Vengeance PG (1953) 7.20 Murder Most Foul U (1964) 9.00 Midnight in the Garden of Good and Evil 15 (1997) 12.00 Possé PG (1975) 1.55 Midnight in the Garden of Good and Evil 15 (1997) 4.30 The Screening Room 5.00 The Singing Nun U (1966)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez. 8.00 Film: Camp Rock PG (2008) Musical, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.15 Cop Dog PG (2008) 7.45 The Neighbor 12 (2008) 9.30 Some Kind of Wonderful 15 (1987) 11.10 Year One Special 11.30 Goya's Ghosts 15 (2006) With Javier Bardem. 1.30 The Illusionist PG (2006) With Edward Norton. 3.30 American Graffiti PG (1973) With Richard Dreyfuss. 5.30 35MM 6.00 The Beach 15 (1999) With Leonardo DiCaprio. 8.00 Perfect Stranger 15 (2007) With Halle Berry. 10.00 Indecent Proposal 15 (1993) With Demi Moore. 12.00 Vanishing Point 18 (1971) With Barry Newman. 2.00 I Want You 18 (1998) With Rachel Weisz. 3.30 The Movie Game 4.00 Pride and Prejudice PG (2003)

Sky Movies Comedy

6.00 Dudley Do-Right PG (1999) 7.30 Romancing the Stone PG (1984) 9.20 I Now Pronounce You Chuck & Larry 12 (2007) 11.20 Evan Almighty PG (2007) With Steve Carell. 1.00 Liar, Liar 12 (1997) With Jim Carrey. 2.30 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 4.30 Romancing

the Stone PG (1984) With Kathleen Turner. 6.20 Evan Almighty PG (2007) With Steve Carell. 8.00 Liar, Liar 12 (1997) With Jim Carrey. 9.30 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 11.30 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.35 Harlem Nights 18 (1989) With Eddie Murphy. 3.35 Tin Men 15 (1987) 5.30 35MM

Sky Movies Action/Thriller

6.25 The Top 10 Show 6.45 The Librarian: Return to King Solomon's Mines PG (2006) 8.30 Legionnaire 15 (1998) 10.25 Rush Hour 3 12 (2007) 12.10 Cleaner 15 (2007) With Samuel L. Jackson. 1.55 Hitman 15 (2007) With Timothy Olyphant. 3.45 Vantage Point 12 (2008) With Dennis Quaid. 5.30 Rush Hour 3.12 (2007) With Jackie Chan. 7.15 Cleaner 15 (2007) With Samuel L. Jackson. 9.00 Hitman 15 (2007) With Timothy Olyphant. 10.40 Vantage Point 12 (2008) With Dennis Quaid. 12.25 Dead Presidents 18 (1995) With Larenz Tate. 2.40 VI Warshawski 15 (1991) With Kathleen Turner. 4.25 The Librarian: Return to King Solomon's Mines PG (2006)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 International Rugby Union 7.00 International Rugby Union 9.00 Cricket Writers on TV 10.00 Live ICC World Twenty20 Cricket. The women's final. 2.00 Live ICC World Twenty20 Cricket. The final. 6.30 Live US Open Golf. The fourth and final day's play. 12.30 ICC World Twenty20 Cricket 3.00 Premier League Years 5.00 World Sport 5.30 Wild Spirits

Sky Sports 2

6.00 Watersports World 7.00 US Open Golf 11.00 International Rugby Union 1.00 US Open Golf 5.00 WWE: Experience 6.00 Ocean Race 6.30 Where Are They Now? 7.00 Live International Rugby Union. Georgia v USA (Kick-off 7.05pm). 9.30 Live International Rugby Union. Ireland v England Saxons (Kick-off 9.30pm). 11.30 Live International Rugby Union. Canada v Argentina Jaguars (Kick-off 11.30pm). 2.00 Close

Sky Sports 3

6.00 Masters Football 9.00 WWE: Afterburn 10.00 WWE: Vintage Collection 11.00 Super League 1.00 Ocean Race 1.30 Masters Football 4.30 Premier League Years 6.30 Wild Spirits 7.00 WWE: Vintage Collection 8.00 WWE: Experience 9.00 ICC World Twenty20 Cricket 11.30 WWE: Late Night - Afterburn 12.30 WWE: Vintage Collection 1.30 Wild Spirits 2.00 Close

British Eurosport

7.30 Live World Touring Car Championship. Coverage of the warm-up session from Brno in the

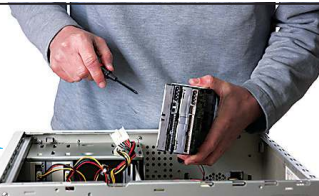
Czech Republic. 8.00 World Superbikes 8.30 International Formula Master 9.30 Live Rallying. The Rali Transiberico. 10.00 Live International Formula Master. The second race from the Masaryk Circuit in Brno, Czech Republic. 11.00 World Touring Car Championship 11.45 Live World Touring Car Championship. The first race from Brno, Czech Republic. 12.30 Live Formula Two Championship. Race two at the Masaryk Circuit in Brno, Czech Republic. 1.45 Live World Touring Car Championship. The second race from Brno in the Czech Republic. 2.45 euroCRASH! 3.00 Cycling 3.30 Live Athletics. The European Team Championships. 7.20 Strongest Man 8.20 World Touring Car Championship 9.15 Motorsports Weekend 9.45 Rallying 10.15 World Superbikes 12.15 Motorsports Weekend 12.45 Close

Sky Sports Xtra

6.00 Max Power 7.00 Super League 9.00 Premier League Years 11.00 Wild Spirits 11.30 Racing News 12.00 50 Greatest Pool Trichests 2.00 Ocean Adventures 2.30 Super League 4.30 Wild Spirits 5.00 Race World 6.00 Live Indy Car Series. The Iowa Corn Indy 250. 8.30 Max Power 9.30 Wild Spirits 10.00 Live NASCAR. The Toyota/Save Mart 350. 1.30 Max Power 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) **1.45 Wimbledon 2009.** Day one of the All England Championships. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Everest ER. Doctors at base camp deal with the biggest emergency of the season when a woman is found unconscious near Everest's summit, prompting a dangerous high-altitude rescue attempt. Plus, three climbers embark on a record-breaking second climb in a week. Last in the series. (T) BBC News: Regional News. (T)

8.00 EastEnders. Ronnie is humiliated when she arrives at the Vic to rapturous applause and realises Jack is about to propose to her. Ian tells Jane some bad news about the cafe's insurance policy, while Lucas tries to keep Jordan from seeing his mum Trina. Christian tells Amira about a new man in his life, causing Syed to panic. (T)

8.30 Panorama. John Sweeney joins troops in Pakistan as they struggle to wrest control of towns and villages from the Taliban - and comes under fire as the battle for territory rages around him. (T)

9.00 Waking the Dead. Part one of two. An anonymous e-mail leads the squad to waste ground in east London, where the remains of a right-wing political activist are found. Further research into the man's past reveals he was not who he claimed to be and had a hidden agenda. Detective drama, guest starring Philip Whitchurch and Cyril Nri. Concludes tomorrow. (R) (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 Moving On. A man is disappointed his son is not more like him and encourages the boy to be tougher, but his actions have far-reaching consequences. Drama, starring Mark Womack. (R) (T)

11.20 FILM: Wilbur (Wants to Kill Himself) (2003). Premiere. Black comedy, starring Jamie Sives; (T) Weatherwise. (T)

1.05 Sign Zone: South Pacific. (R) (T) 2.05 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 2.35 Sign Zone: The Unsellables. (R) (T) 3.05 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Wimbledon Review. (T) 11.25 Coast. (T) 11.30 Daily Politics. (T) 12.00 Wimbledon 2009. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Beat the Boss. (R) (T) 4.35 MI High. (R) (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The remaining matches on day one at SW19. (T) 8.00 Today at Wimbledon. John Inverdale presents action from the opening day at the All England Club, as Rafael Nadal, injury permitting, go the defence of his singles title under way on Centre Court. (T) 9.00 The Supersizers Eat. Cuisine enjoyed by the aristocracy during the Middle Ages. (T) 10.00 Have I Got News for You. Jack Dee asks the questions in this edition of the long-running satirical current affairs quiz. BBC sport presenter Clare Balding and comedian Fred MacAulay are the panellists. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.15 BBC News. (T) 3.05 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Wimbledon 2009 (BBC1, 1.45pm)

The strawberries have ripened, the cream has been whipped, there are injury doubts surrounding our best hopes and there's doubtless a black cloud overhead. Yes, it must be Wimbledon time again. Sue Barker presents live coverage from Wimbledon on the opening day of the 2009 Championships, throughout the day on BBC Two and BBC One. It has always been a tradition at the All England Club for the defending men's champion to open proceedings on Centre Court - weather permitting. But with the world's most famous tennis arena now boasting a new roof, world No. 1 Rafael Nadal knows that he will begin the defence of his title at 1pm today, come rain or shine. Further live coverage continues at 1.45pm on BBC One as the tournament gets into full swing. The first round usually throws up a shock or two. Last year, former runner-up and seventh seed David Nalbandian was an early casualty, falling to unheralded Canadian Frank Dancevic. Sue hosts the conclusion of today's coverage from the All England Club on BBC Two from 5.50pm. Highlights of the opening day can be seen at 8pm on BBC Two on Today At Wimbledon, presented by John Inverdale. John is joined in the studio by former champions who give their take on the day's events.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 FILM: Flying Tigers (1942). World War Two drama, starring John Wayne. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. A teenager takes his first steps after a leg operation. (T) 8.00 Dispatches: Rape in the City. Journalist Soroush Samra examines gang rape in the wake of two recent high-profile cases, investigating why such violent sexual attacks are now happening in the UK. (T) 9.00 The World's Greatest Musical Prodigious. The musicians receive their parts for the finished concerto and fly to the UK for a week of intensive rehearsals, before performing it at the Sage Gateshead. Last in the series. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 Wife Swap. A perfectionist exchanges families with a woman who adores life in the slow lane. (R) (T) 12.10 4Music: Album Chart Show. (R) (T) 12.45 4Music: 4Play: Dan Black. (T) 1.05 Big Brother Live. 3.10 Dispatches: Rape in the City. (R) 4.00 FILM: Hoodlum Empire (1952). Gangster drama, starring Brian Donlevy. (T) (bw) 5.45 Inuk. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Poochy. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Robin Cook's Terminal (1996). Medical thriller, starring Doug Savant. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? The team learns how the Channel Tunnel is maintained; (R) (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. The new BMW Z4 is pitted against the Porsche Boxster; (T) 8.00 Five News. (T) 9.00 Build a New Life in the Country. A barn conversion in the Brecon Beacons, South Wales. (T) 10.00 FILM: Snatch (2000). A boxing promoter and his dim sidekick are drawn into a match-fixing racket and a diamond robbery. Comedy drama, starring Jason Statham and Brad Pitt. Includes Five News Update. (T) 12.05 America's Toughest Prisons. (R) (T) 1.05 NASCAR. 2.05 Golf: The Challenge. 2.55 Boxing USA. 3.55 Winter X Games. 4.20 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Sange do Meu Sange 1630 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notas Soltas 2120 Duelo Final 2230 Prós e Contras 0100 Avenger, film 0245 Prova de Amor 0430 Telesales 0605 Nôs

RTP2
0722 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1640 Grandes Livros 1700 Zig Zag 1830 A Fé dos Homens 1900 Mudo de Vida 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 Para a Meia-Noite 0115 Diga Lá Excelência 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0800 Sic Kids 0900 TweenBom 1100 Fátima 1300 News 1415 Mulheres Apaixonadas 1530 O Cravo e a Rosa 1640 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Ciranda de Pedra

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2345 Oshos Olhos 0015 Dr. House, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Robin Hood 7.45 Robin Hood 8.30 The Real Hustle on Holiday 9.00 Gavin & Stacey 9.30 Bizarre ER 10.00 EastEnders 10.30 Personal Affairs 11.45 Family Guy 12.10 Family Guy 12.30 Gavin & Stacey 1.00 The Real Hustle on Holiday 1.30 Personal Affairs 2.40 Make My Body Younger 3.04 Bizarre ER 4.10 How to Rob a Bank 5.05 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Return to Airport 8.00 The Way We Travelled 9.00 The Secret Life of the Airport 10.00 Time Shift: The Jet Set 10.40 The Survivor's Guide to Plane Crashes 11.30 The Secret Life of the Airport 12.30 Stranded! The Andes Plane Crash Survivors: Storyville 2.25 Time Shift: The Jet Set 3.05 The Secret Life of the Airport 4.05 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 The Chopping Block 9.00 Film: King Kong 12 (2005) 12.40 Coronation Street 1.10 Coronation Street 1.40 The Chopping Block 2.30 I'm a Celebrity Get Me Out of Here! USA 3.15 Teleshopping 5.45 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Oops TV

6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp in Search of Pirates 10.00 Miami SWAT 11.00 Film: Beverly Hills Cop II 15 (1987) 1.00 Road Wars 1.50 Cold Case 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Project Catwalk

GOLD
1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 The Vicar of Dibley 9.40 Harry Enfield and Chums 10.20 Early Doors 11.00 Stepoe and Son 11.40 The Vicar of Dibley 12.20 Harry Enfield and Chums 1.00 Early Doors 1.40 The New Adventures of Old Christine 2.05 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 Skyjacked PG (1972) 3.00 The Omega Man PG (1971) 4.55 The Go-Between PG (1971) 7.10 Elvis on Tour PG (1972) 9.00 The Butcher's Wife 15 (1991) 11.05 Clash of the Titans PG (1981) 1.15 The Butcher's Wife 15 (1991) 3.15 Stop the World - I Want to Get Off PG (1966) 5.00 Skyjacked PG (1972)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Silkwood 15 (1983) 8.15 Year One Special 8.35 Out of Africa PG (1985) 11.15 Heartburn 15 (1987) With Meryl Streep. 1.15 Rendition 15 (2007) With Reese Witherspoon. 3.30 One True Thing 15 (1998) With Renee Zellweger. 5.45 Silkwood 15 (1983) With Meryl Streep. 8.00 The River Wild 12 (1994) With Meryl Streep. 10.00 Rendition 15 (2007) With Reese Witherspoon. 12.15 Lions for Lambs 15 (2007) With Robert Redford. 2.00 The River Wild 12 (1994) With Meryl Streep. 4.00 Out of Africa PG (1985)

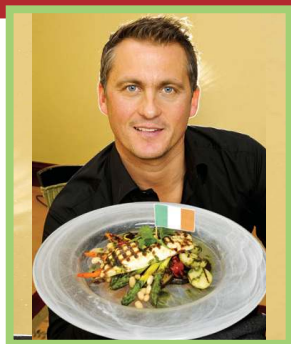
Sky Movies Comedy

6.00 I Wanna Hold Your Hand PG (1978) 7.50 Blame It on the Bellboy 12 (1992) 9.20 On the Nose 15 (2000) 11.20 Are We Done Yet? PG (2007) With Ice Cube. 1.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 3.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 4.30 Year One Special 4.45 Grandma's Boy 15 (2006) With Allen Covert. 6.25 Are We Done Yet? PG (2007) With Ice Cube. 8.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 10.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 11.35 Grandma's Boy 15 (2006) With Allen Covert. 1.15 On the Nose 15 (2000) 1.20 Are We Done Yet? PG (2007) With Ice Cube. 1.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 3.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 4.30 Year One Special 4.45 Grandma's Boy 15 (2006) With Allen Covert. 6.25 Are We Done Yet? 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PG (2007) With Ice Cube. 8.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 10.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 11.35 Grandma

Pick of the Day

ITV1

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.



BBC2

6.00 CBeebies: Tikkiballa. (R) (T) 6.30
Teletubbies. (R) (T) Doodle Do Making Mo-
ments. (R) (T) 7.00 CBBC: Maya & Miguel
(R) (T) 7.25 Newsround. (T) 7.30 Hider in
the House. (R) (T) 8.00 Mortified. (R) (T)
8.20 Sam and Mark's Guide to Dodging
Disaster. (T) 8.30 CBeebies: Big & Small.
(R) (T) 8.40 Bob the Builder: Project Build It.
(R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry
Pie. (R) (T) 9.10 LazyTown Extra. (R) (T)
9.25 Mister Maker. (R) (T) 9.45 Harry and
Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05
Jakers! (R) (T) 10.30 Yesterday at Wimbled-
on. (T) 11.30 Daily Politics. (T) 12.00 Wimbled-
on2009. Day two at the all England Club.
(T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35
Raven: The Dragon's Eye. (R) (T) 4.05
Richard Hammond's Blast Lab. (R) (T) 4.35
Blue Peter; (T) MySay. (R) (T) 5.05
Newsround. (T) 5.10 Trapped. (R) (T) 5.40
Shawn the Sheep. (R) (T) 5.50 Wimbledon
2009. The remaining matches on day two at
SW19. (T) 8.00 Today at Wimbledon. John
Inverdale introduces highlights from the
second day of the All England Champion-
ships, as Venus Williams began the defence
of her ladies' singles title. (T) 9.00 Mary
Portas: Save Our Shops. How retailers
across the nation are handling the recession.
(T) 10.00 Grumpy Old Women. Female
celebrities in their middle years offer an
irreverent perspective on the ups and downs
of modern life. (R) (T) 10.30 Newsnight; (T)
Weather. (T) 11.20 The Wire. (T) 12.15 BBC
News. (T) 4.00 BBC Learning Zone.

C4

00 The Hoobs. (R) 6.25 The Hoobs.
 (R) 6.55 Everybody Loves Raymond.
 (R) 7.20 Big Brother's Little Brother. (R)
 7.50 Big Brother. (R) 9.00 Will & Grace.
 (R) 9.25 Will & Grace. (R) 9.55
 Brothers & Sisters. (R) 10.50 Desperate
 Housewives. (R) 11.50 Post Modern
 Rastimes. (R) 12.00 News at Noon. (T)
 12.30 Supporting Acts. (R) 12.40 Life
 Begins Again. (R) 1.40 FILM: Fair Wind
 to Java (1953). Seafaring adventure, star-
 ring Fred MacMurray. (T) 3.25 Countdown.
 (R) 4.15 Deal or No Deal. (T) 5.00 Coach
 Trip. (T) 5.30 Come Dine with Me. (R) (T)
 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks.
 (R) 7.00 Channel 4 News. (T) 7.55 3 Minutes
 Wonder: On the Ward. Aman has an unusual
 mask made to begin his radiotherapy treat-
 ment. (T) 8.00 Property Snakes and Lad-
 ders. Sarah Beeny highlights the work of
 couples in east London and Surrey, who in
 2007 began to expand their properties by
 digging out their basements. (T) 9.00 I'm
 Running Sainsbury's. A shop-floor super-
 visor takes part in a management training
 scheme. Last in the series. (T) 10.00 Big
 Brother. The past 24 hours in the house. (T)
 11.15 The Big Bang Theory. (T) 11.40 My
 Name Is Earl. (R) (T) 12.10 Little Boots:
 Video Exclusive. (T) 12.15 4 Music: Tommy
 Reilly: unsignedAct - The Winner's Story.
 (R) (T) 12.30 World Series of Poker Europe.
 (R) 1.25 Big Brother Live. 3.50 KOTV Clas-
 sics 2008. (R) (T) 4.40 World Sport. (R) (T)
 5.10 Freeports on 4. (T)

FIVE

60.0 Milkshake! (R) Miss Spider's Sunny Patch Friends. (R) T 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) T 6.25 Fireman Sam. (R) T 6.35 Roary the Racing Car. (R) T 6.45 Roolbarz and Custard Too. (R) T 6.55 Peppa Pig. (R) T 7.00 The WotWots. (R) T 7.15 Little Princess. (R) T 7.25 The Super Hero Squad Show. (R) T 7.35 The Mr Men Movie. (R) T 8.00 The Noddy Shop. (R) T 8.10 The FlowerTots. (R) T 8.15 Peppa Pig. (R) T 8.20 Peppa Pig. (R) T 8.25 Thomas & Friends. (R) T 8.40 Pocoyo. (R) T 8.50 Bert and Ernie's Great Adventures. (R) T 8.55 Chiro. (R) T 9.00 The Beeps. (R) T 9.15 The Wright Stuff. (R) T 10.45 Trisha Goddard. (R) T 11.45 House Doctor. (R) T 12.15 House Doctor. (R) T 12.45 News. (R) T 12.55 News. (R) T 13.45 News. (R) T 15.00 Home and Away. (R) T 2.50 Wordplay Plus. (R) T 3.10 FILM: Too Young to Be a Father? (2002). Drama, starring Paul Dano. (R) 5.00 Five News with Natasha Kaplinsky. (R) Weather. (R) 5.30 Neighbours. (R) T 6.00 Home and Away. (R) T 6.30 Zoo Days. (R) T 7.00 Five News at 7. (R) T 7.30 Vets in Action. (R)

Following four teams of country vetiers. (R) T 7.30 NEWS. (R) T 7.40 The Morning Moves. New series. Documentary examining large-scale transportation projects. (R) T 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. Murders are connected to a cache of stolen casino chips. Last in the series. (R) T 10.00 CSI: Miami. The CSIs uncover a plot to distribute a new type of ammunition. Last in the series. (R) T Five News Update. (R) T 11.00 CSI: NY. (R) T (S) 12.00 CSI: NY. (R) T 12.00 In Living Colors. (R) T 12.30 The Contender. Race. 2.50 Race and Rally UK. (R) T 3.00 UEFA Cup Classics. (R) 5.10 Neighbours. (R) T 5.35 Home and Away. (R) T 5.55 News.

12.05 Red Bull Air Race 2009. 12.55 Nightwatch with Steve Scott: Action Stations; (R) (T) ITV News Headlines. 1.50 Loose Women. (R) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

LOCAL Best of the Rest

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online
**www.the-
news.net**

MOVIES

Sky Movies Drama

6.45 The Movie Geek 7.15 The Legend of 1900 15 (1998) 9.30 What Dreams May Come 15 (1998) 11.30 Consenting Adults 15 (1992) With Kevin Kline. 1.15 35MM 1.45 Phenomenon PG (1996) With John Travolta. 4.00 Becoming Jane PG (2006) With Anne Hathaway. 6.15 Phoebe in Wonderland PG (2008) With Elle Fanning. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Chaplin 15 (1992) With Robert Downey Jr. 12.30 Gridlock'd 18 (1997) With Tupac Shakur. 2.15 Platoon 15 (1986) With Charlie Sheen. 4.30 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.10 Splitting Heirs 15 (1993) 7.40
I Could Never Be Your Woman 12
(2007) 9.20 Special Delivery 12
(2008) 11.00 Mamma Mia! Stage to
Screen 11.30 Fierce Creatures 12
(1997) With John Cleese. 1.10
Good Luck Chuck 15 (2007) With
Dane Cook. 2.55 Run, Fat Boy,
Run 12 (2007) With Simon Pegg.
4.40 Walk Hard: The Dewey Cox

Story 15 (2007) With John C. Reilly. 6.20 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 8.00 Good Luck Chuck 15 (2007) With Dane Cook. 9.45 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 11.30 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 1.10 Fierce Creatures 12 (1997) With John Cleese. 2.50 Splitting Heirs 15 (1993) With Eric Idle. 4.25 Special Delivery 12 (2008)

Sky Movies Action/Thriller

7.10 35MM 7.40 Flags of Our
Fathers 15 (2006) 10.05 Havana
PG (1990) 12.40 Next of Kin
(1989) With Patrick Swayze.
2.45 Jaws 3 12 (1983) With
Dennis Quaid. 4.40 Red Sonja
15 (1985) With Brigitte Nielsen.
6.20 Zodiac 15 (2007) With Jake
Gyllenhaal. 9.00 Universal
Soldier: The Return 18 (1999)
With Jean-Claude Van Damme.
10.30 Silver 18 (1993) With
Sharon Stone. 12.25 Night Hawks
18 (1981) With Sylvester
Stallone. 2.10 Death Sentence
18 (2007) With Kevin Bacon. 4.00
Red Sonja 15 (1985) 5.35 Angels
Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 European Under-21s
Championship Football 11.00
Twenty20 Cup Cricket 1.00
European Under-21s
Championship Football 3.00 Wild
Spirits 3.30 Poker 4.30 European
Under-21s Championship Football
6.30 Khan v Kotelnik Countdown
7.00 Live European Under-21s
Championship Football. Belarus v
Italy (Kick-off 7.45pm). 10.30 Khan
v Kotelnik Countdown 11.00 Time
of Our Lives 12.00 International
Rugby Union 2.00 European Under-
21s Championship Football 4.00
International Rugby Union

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean
Adventures 7.00 Twenty20 Cup
Cricket 9.00 Poker 10.00 Ocean
Adventures 10.30 Wild Spirits 11.00
Golf 1.00 Poker 2.00 Ocean
Adventures 2.30 Twenty20 Cup
Cricket 4.30 NFL: Total Access
5.30 Live International Rugby
Union. Emerging Springboks vs
British & Irish Lions (Kick-off
6.10pm). 8.30 Golf 9.30 Mountain
Bike World 10.00 Poker 11.30 NFL:
Total Access 12.30 Twenty20 Cup
Cricket 2.30 Sports Unlimited 3.30
Khan v Kotelnik Countdown 4.00
European Seniors Tour Golf 5.00
Golf

Sky Sports 3

6.00 WWE: Afterburn 7.00 Golf 9.00
Premier League Bowls 11.00
Aerobics Oz Style 11.30 Racing
News 12.00 Ocean Adventures
12.30 Wild Spirits 1.00 Premier
League Bowls 3.00 Golf 5.00 WWE
Smackdown 7.00 Live Twenty20
Cup Cricket. Hampshire Hawks vs

Middlesex Panthers. 10.30 Sports
Unlimited 11.30 Football Asia 12.00
Premier League Bowls 2.00 Close

British Eurosport

7.30 International Football 8.15
International Football 9.00
International Football 10.00 Rowing
12.00 Strongest Man 1.00 WTA
Tennis 3.00 International Football
3.45 International Football 4.30
International Football 5.00
International Football 6.00 Athletics
8.00 Boxing 9.30 Inside WTCC
10.00 Rallying 10.30 Rallying 11.00
Porsche Super Cup 11.30 World
Superbikes 12.30 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30
Aerobics Oz Style 5.00 Premier
League Bowls 7.00 European
Seniors Tour Golf 8.00 Volleyball
10.00 Pool 11.00 European
Seniors Tour Golf 12.00 Golf 1.00
Ocean Adventures 1.30
Mountain Bike World 2.00
Volleyball 4.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.



6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Wimbledon 2009. The opening matches on day three at the All England Club. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2009. Day three at the All England Club. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Animal 24:7. The team from Redwings Sanctuary helps a group of neglected wild horses, a bullied young mongrel is given the hope of a better life, and Tom Heap rescues a baby fox trapped on an allotment in London; (T) BBC News; Regional News. (T)

8.00 Celebrity MasterChef. Joe McGann, Linda Barker and Nina Benjamin cook at Kazan restaurant, while Wendi Peters, Steven Pinder and Jeff Green prepare food at Cantina Del Ponte, as they compete for two places in this week's quarter-final. With John Torode and Gregg Wallace. Continues tomorrow. (T)

9.00 Famous, Rich and Homeless. Part one of two. Former tennis star Annabel Croft, presenter Hardeep Singh Kohli, journalist Rosie Boycott, actor Bruce Jones and the Marquess of Blandford join forces with John Bird, Editor-in-Chief of the Big Issue, to highlight the everyday struggles faced by Britain's homeless. The celebrities embark on a 10-day experiment in which they leave behind their creature comforts to gain a better understanding of life on the streets. Concludes tomorrow. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Myleene Klass sets the balls rolling to decide the all-important numbers in the Thunderball, Dream Number and Lotto draws. (T)

10.45 FILM: Unfaithful (2002). Thriller, starring Diane Lane; (T) National Lottery Update and Weatherview. (T)
12.50 Sign Zone: The Incredible Human Journey. (R) (T) 1.50 Sign Zone: Celebrity MasterChef. (R) (T) 2.50 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.20 Sign Zone: The Unsellables. (R) (T) 3.50 BBC News. (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 1.00 Wimbledon 2009. Day three at the All England Club. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. Day three at the All England Club. (T) 8.00 Today at Wimbledon. John Inverdale hosts highlights from the third day's play at the All England Club, where the second-round stage was scheduled to commence in the men's and ladies' draws. (T) 9.00 Nasa - Triumph and Tragedy. Part one of two. America's leading role in the space race, visits Florida to look at the Saturn moon rockets and discovers how the space race began in Chiswick, London. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.15 BBC News. (T) 3.50 Close. 4.00 BBC Learning Zone. (R) (T)

Pick of the Day

Ugly Betty (C4, 10pm)

Betty Suarez's loyal army of fans will be delighted to hear that the world's best personal assistant is well and truly back. Season Three sees the show return to its comedy roots, with more outrageous characters and biting put-downs, and a move away from the darker storylines that made season two a little on the depressing side. This time out, Betty decides to move on from Henry and Gio, and after a cross-country trip around the United States, decides to move out of Casa Suarez and into an apartment of her own, hoping that this will help her advance in her quest to move up in the publishing business. Betty also attracts the interest of a musician named Jesse who is living in the apartment across from hers. On top of that, she buries the hatchet with Kimberly 'Kimmie' Keegan, her childhood nemesis and manager of Flushing Burger, where Ignacio works. Unfortunately, the truce between Betty and Kimmie looks like it will not last and Kimmie will soon be working side by side with Betty. Does the girl not have enough problems already? If you're new to Betty, you've been missing out - but it's not too late to sign up. Betty is a graduate of Mid-County College and Queenstown North High School, and the ultimate fish-out-of-water at Mode Magazine.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 Brothers & Sisters. (R) (T) 10.50 Desperate Housewives. (R) (T) 11.50 Post Modern Pastimes. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.35 FILM: Three Secrets (1950). Drama, with Eleanor Parker. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. The group takes an unusual mode of transport in Croatia. (T) 5.30 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. A man receives radiotherapy. (T) 8.00 River Cottage. Hugh Fearnley-Whittingstall gets preparations for the strawberry fete under way with his gardeners, while baker's apprentice Sarah Bilson is challenged to prepare a sweet score. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Ugly Betty. New series. Betty returns to New York after making an important decision about her future, and finds Mode has undergone some changes in her absence. Guest starring Lindsay Lohan. (T) 10.55 Big Brother. (T) 11.50 Omid Djalili. No Agenda. (R) (T) 12.30 4Music: Grassroot Gig. (T) 12.50 4Music: 4Play: Bat for Lashes. (T) 1.05 Dirty Sexy Money. (R) (T) 1.50 Big Brother Live. 4.00 Freeps on 4. (T) 4.50 British Formula 3. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.15 FILM: Mystery Woman: In the Shadows (2007). Crime mystery, starring Kellie Martin. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Mean Machines. The most innovative trains. (R) (T) 7.30 Five News Update. (T) 8.00 Jack the Ripper: Tabloid Killer - Revealed. New series. A newspaper's role in publicising the 19th-century serial killer; (T) 8.00 Five News at 9. 9.00 FILM: For a Few Dollars More (1965). Two rival gunslingers form an uneasy alliance to track down a notorious outlaw. Sergio Leone's Western sequel, with Clint Eastwood and Lee Van Cleef. Includes Five News Update. 11.40 Police Interceptors: Special Edition. (R) (T) 12.15 Poker. 1.50 NHL Ice Hockey. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Divided. Quiz show in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. Hosted by Andrew Castle. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Natasha returns home to Mark for the sake of their children, Katie finds a new home for her horses, and Leyla agrees to move into the spare room at Victoria Cottage. (T)

7.30 Coronation Street. Kevin is forced to confess his feelings for Molly when she confronts him about his strange behaviour. Rosie finds it over the factory girls, and Tina is pleased by Jason's apology. (T)

8.00 The Bill. Part one of two. Jack's estranged son Ben is released from prison and Mickey is shocked to discover he is still involved in the drugs scene when his girlfriend is found unconscious outside a known drug den rented in her name. Attempts to keep the situation secret from Jack come to nothing when he turns up unexpectedly to watch a sign operation and is forced to arrest his own son. Concludes tomorrow. (T)

9.00 Spain: Paradise Lost. Conclusion. More stories of British expats now living in Spain, featuring a hairdresser with a salon in Marbella and a couple whose home is being threatened with demolition. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Supersize Teens: Can't Stop Eating. More than 200,000 Americans undergo dangerous weight-loss surgery every year, and as the obesity epidemic spirals, the patients are getting younger. This documentary follows 24-store 13-year-old Laura Broach as she has gastric bypass surgery, and Victoria Jordan who is paying \$25,000 for a reversible gastric band to shed some of her 19 stone at the age of 14. Featuring unprecedented access to hospital operating rooms and footage of the teenagers' families. (R) (T)

11.35 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops on duty in Afghanistan, plus insights into Air Sea Rescue and the Red Arrows aerobatic team. (T)

12.35 Polo; (T) ITV News Headlines. 1.25 Loose Women. (R) 2.15 The Jeremy Kyle Show. (R) (T) 3.10 The Terrorist Hunter: Tonight. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Sanguê do Meu Sanguê 1630 Portugal no Coração 1805 Preço Certo 1900 News 1930 Football 2115 News 2200 TBA 0100 Laetl Canyon, film 0245 Prova de Amor 0430 Teleseas 0605 Nós
RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1700 Zig Zag 1830 Fé dos Homens 1900 Biosfera 2030 Zig Zag 2045 Everybody Hates Chris, series 2015 National Geographic 2200 News 2240 24, series 2330 Clube de Imprensa 0030 5 Para a Meia-Noite 0115 Biosfera 0145 Bastiões 0215 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0800 Sic Kids 0900 Tweek Town 1100 Fátima 1300 News 1415 Mulheres Apaixonadas 1530 O Cravo e a Rosa 1645 Rebelde Way 1800 Três Irmãos 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca
TVI
0700 Diário da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 The Jackal, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleseas

Best of the Rest

BBC3
7.00 Match of the Day Live 9.30 My Weapon Is a Dog 10.30 Family Guy 10.55 Family Guy 11.20 Little Britain 11.50 The Real Hustle on Holiday 12.20 Bizarre ER 12.50 Drinking with the Girls 1.50 Make My Body Younger 2.45 My Weapon Is a Dog 3.45 The Real Hustle on Holiday 4.15 Make My Body Younger 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Pre-Raphaelites 8.00 The Book Quiz 9.00 Henry VIII: Patron or Plunderer? 10.00 Film: My Best Friend 12 (2006) 11.30 The Book Quiz 12.30 Henry VIII: Patron or Plunderer? 1.30 Batman 1.55 Batman 2.20 Mad Men 3.10 Mad Men 3.55 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 Gossip Girl 9.00 America's Got Talent 10.00 Film: About a Boy 12 (2002) 12.05 Coronation Street 12.35 America's Got Talent 1.35 I'm a Celebrity Get Me Out of Here! USA 2.20 Teleshopping 5.20 ITV2 Nightscreen

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MOVIES

Sky Movies Drama

6.15 Instinct 15 (1999) 8.30 Storyville 15 (1992) 10.30 Mamma Mia! Stage to Screen 11.00 Innocent Moves PG (1993) With Joe Mantegna. 1.00 The Evening Star 15 (1996) With Shirley MacLaine. 3.15 35MM 3.45 Perfect Stranger 15 (2007) With Halle Berry. 5.45 In the Name of the Father 15 (1993) With Daniel Day-Lewis. 8.00 Fracture 15 (2007) With Anthony Hopkins. 10.00 Scarface 18 (1983) With Al Pacino. 1.00 American Gigolo 18 (1980) With Richard Gere. 3.00 In Dreams 18 (1999) With Annette Bening. 4.45 Pride and Prejudice PG (2003)

Sky Movies Comedy

6.05 Kenny 15 (2006) 8.05 Family Show 8.35 Catch-22 15 (1970) 10.40 Harry and the Hendersons PG (1987) 12.40 Mamma Mia! Stage to Screen 11.00 Strange Wilderness 15 (2008) With Steve Zahn. 2.40 Norbit 12 (2007) With Eddie Murphy. 4.25 I Want Candy 15 (2007) With Carmen Electra. 6.00 Harry and the

Hendersons PG (1987) With John Lithgow. 8.00 Strange Wilderness 15 (2008) With Steve Zahn. 9.30 Norbit 12 (2007) With Eddie Murphy. 11.15 I Want Candy 15 (2007) With Carmen Electra. 12.50 Catch-22 15 (1970) With Alan Arkin. 2.55 Kenny 15 (2006) With Shane Jacobson. 4.45 Don't Go Breaking My Heart PG (1999)

Sky Movies Action/Thriller

7.10 Vi Warshawski 15 (1991) 8.50 Arlington Road 15 (1999) 10.50 Legionnaire 15 (1998) 12.35 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 11.10 Knock Off 18 (1998) With Jean-Claude Van Damme. 12.50 The Usual Suspects 18 (1995) With Gabriel Byrne. 2.40 McVicar 18 (1980) With Roger Daltrey. 4.35 The Librarian: Return to King Solomon's Mines PG (2006)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Khan v Kotelnik Countdown 9.30 International Rugby Union 11.30 Khan v Kotelnik Countdown 12.00 European Under-21s Championship Football 2.00 Khan v Kotelnik Countdown 2.30 Football Asia 3.00 International Rugby Union 5.00 Khan v Kotelnik Countdown 5.30 Live Twenty20 Cup Cricket. Worcestershire Royals v Glamorgan Dragons. 9.00 Khan v Kotelnik Countdown 9.30 Boots 'n' All 10.30 Khan v Kotelnik Countdown 11.00 Time of Our Lives 12.00 Twenty20 Cup Cricket 2.00 Soccer AM: The Best Bits 3.00 Khan v Kotelnik Countdown 3.30 FIFA Futbol Mundial 4.00 Boots 'n' All 5.00 European Tour Weekly 5.30 Total Rugby

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE Vintage Collection 8.00 Twenty20 Cup Cricket 10.00 Pool 11.00 Poker 12.30 Twenty20 Cup Cricket 2.30 Poker 4.00 European Under-21s Championship Football 6.00 Boots 'n' All 7.00 Khan v Kotelnik Countdown 7.30 Live Speedway. Lakeside Hammers v Wolverhampton Wolves. 9.30 Total 11.00 European Tour Weekly 11.30 European Tour Golf 12.30 FIFA Futbol Mundial 1.00 European Tour Weekly 1.30 PGA EuroPro Tour Golf 3.30 Twenty20 Cup Cricket 5.30 Close

Sky Sports 3

6.00 Modern Pentathlon 7.00 Volleyball 9.00 Golf 10.00 European Seniors Tour Golf 11.00 Aerobics Oz Style 11.30 Racing News 12.00 PGA EuroPro Tour Golf 2.00 Golf 3.00 Modern Pentathlon 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 European Tour Weekly 7.30 Live Greyhound Racing. The TV Trophy. 10.00 Watersports World 11.00 Ten Pin Bowling 12.00 NFL: Total Action 1.00 Watersports World 2.00 Close

British Eurosport

7.30 Paralympic World Cup 8.30 International Football 9.30 Athletics 12.30 MotoGP 2.30 International Football 3.30 International Football 4.15 International Football 5.00 International Football 6.00 Paralympic World Cup 7.00 Eurosport for the Planet 7.30 Wednesday Selection 7.35 Show Jumping 8.35 Riders Club 8.40 Golf 8.50 European Tour Golf 9.20 Golf Club 9.25 Sailing 9.55 Yacht Club 10.15 Eurosport for the Planet 10.45 MotoGP 12.20 Close

Sky Sports Xtra

2.00 Volleyball 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Action 6.00 FIFA Futbol Mundial 6.30 Total Rugby 7.00 Modern Pentathlon 8.00 European Tour Golf 9.00 PGA EuroPro Tour Golf 11.00 Ocean Adventures 11.30 Total Rugby 12.00 Transworld Sport 1.00 Ocean Adventures 1.30 Total Rugby 2.00 Modern Pentathlon 3.00 Close

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6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2009. The fourth day's play at the All England Club. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Denise's dinner party turns into a disaster when Trina reveals a few secrets about her relationship with Lucas. The Mascoods put a business proposition to the Beales. Roky turns up at Jack's flat demanding to know where Ronnie is, while Bradley and Max rely on Dot when they are thrown out of their flat; (T) BBC News; Regional News. (T)

8.00 Celebrity MasterChef. In the first of today's heats, Tony Hadley, Marie Helvin and Helen Lederer cook for customers at St Pancras Grand, while in the second, Claire Richards, Rowland Rivron and Martin Hancock prepare food at the Goodman Steakhouse. John Torode and Gregg Wallace decide which two contestants will make it through to this week's quarter-final. Contestants tomorrow. (T)

9.00 Famous, Rich and Homeless. Conclusion. Life on the streets begins to take its toll on Annabel Croft. Hardeep Singh Kohli, Rosie Boycott, Bruce Jones and the Marquess of Blandford, with one of them deciding to return home. The remaining volunteers are sent to different hostels, where they find themselves dealing with former gang members, the harsh reality of alcoholism and drug addicts. Having spent 10 days living rough, they reflect on how the experience has challenged their preconceptions and changed their attitudes. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.30 Sign Zone: Panorama. (R) (T) 1.00 Sign Zone: Countryfile. (R) (T) 1.55 Sign Zone: Celebrity MasterChef. (R) (T) 2.55 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.25 Sign Zone: The Unsellables. (R) (T) 3.50 BBC News. (T)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 12.00 Wimbledon 2009. The fourth day's play at the All England Club. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion to day four at the All England Club. (T) 8.00 Today at Wimbledon. John Inverdale introduces action from day four at the All England Club in SW19, where the second-round stage of the men's and ladies' draws was scheduled to reach its conclusion. (T) 9.00 Krod Mandoon and the Flaming Sword of Fire. The hero is challenged to retrieve a gem from the lair of a cyclops. (T) 9.30 That Mitchell and Webb Look. Sketch show, featuring a carnivorous man at a vegetarian dinner party. (T) 10.00 Psychochive. Mr Lomax starts a bidding war with the Crabtree sisters. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 James May on the Moon. (R) (T) 12.20 BBC News. (T) 3.50 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

That Mitchell and Webb Look (BBC2, 9.30pm)

Many fans of Peep Show would probably admit that while it may be hilarious, it can also be so embarrassing that you spend as much time cringing for lead characters Mark and Jeremy as you do laughing at them. When it comes to their own sketch show, the sitcom's stars David Mitchell and Robert Webb tend to go for inspired silliness rather than the comedy of the humiliation, but perhaps this edition may be the exception, as we're promised it features an unnecessarily honest best man's speech, and a rather awkward encounter with the Queen. Inebriated sleuth Sir Digby Chicken-Caesar returns to solve another baffling and largely non-existent mystery, and a carnivorous man struggles to get to grips with the menu at a vegetarian dinner party. Most promisingly of all, we get to see Mr Darcy at a freestyle disco — and as anyone who saw Robert Webb's winning turn on Let's Dance for Comic Relief will confirm, the comedian is a very impressive mover. Perhaps we'll get to see some of that fancy footwork recycled here, even if he isn't wearing a leotard and a curly wig.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (T) 7.30 Big Brother. (R) (T) 8.30 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.25 Will & Grace. (R) (T) 9.55 Brothers & Sisters. (R) (T) 10.50 Desperate Housewives. (R) (T) 11.50 Post Modern Pastimes. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: My Home Town. (R) (T) 12.35 Life Begins Again. (R) (T) 1.40 FILM: Dakota Incident (1956). Western, starring Dale Robertson. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. A teenager is tired of her hospital food. Last in the series. (T) 8.00 The Home Show. George Clarke revisits Jen and Ian Beard, whose home in Putney, west London, was transformed into the perfect property for city living. (T) 9.00 Undercover Boss. Part two of a two. A construction company executive works alongside his employees. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.15 TNT Show. (T) 11.45 Derren Brown: Trick or Treat. (R) (T) 12.15 Duplute Drama. (T) 1.20 Big Brother Live. 3.25 Afterworld. (R) (T) 3.45 Afterworld. (R) (T) 4.10 Scrapheap Challenge. (R) (T) 5.05 Countdown. (R) (T) 5.50 Cubeez. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Thomas & Friends. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 2.55 FILM: Harvest of Fire (1996). Drama, starring Lolita Davidovich. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 RSPCA: On the Frontline. Pam comes to the aid of a dog that has been chained up in a garden all its life, Amanda deals with a stray pony and Nic helps to rescue a cat stuck up a tree; (R) (T) 7.30 Five News Update. (T) 8.00 Paul Merton in India. The children who live in Mumbai's central station. Last in the series; (R) (T) 8.00 Five News at 9. 9.00 The Mentalist. An adulterous woman is killed at a luxury resort. (T) 10.00 Law & Order: Special Victims Unit. A boy witnesses an attack on his stepmother. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 4.00 NFL Classic. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praca da Alegria 1300 News 1415 Chamas da Vida 1515 Sangue do Meu Sangue 1630 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Grande Entrevista 2140 Contra Informação 2230 Duelo Final 2330 Corredor do Poder 0030 Journeymen, series 0115 Quarto Crescente 0215 Prova de Amor 0400 Telealeas 0605 Nós

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Cédos Homens 1900 Iniciativa 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Ghosts Of Abu Ghraib, documentary 0030 5 Para a Meia-Noite 0115 Iniciativa 0200 EuroNews 0500 Sociedade Civil

SIC

0900 Sic Notícias 0900 Sic Kids 0900 TweenBox 1100 Fátima 1300 News 1415 Mulheres Apaixonadas 1530 O Cravo e a Rosa 1645 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 Dirty Sexy Money, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telealeas

BBC3

7.00 Match of the Day Live 9.30 Bizarre ER 10.00 EastEnders 10.30 The Real Hustle on Holiday 11.00 Family Guy 11.25 Family Guy 11.50 Claire Richards: My Big Fat Wedding 12.50 Personal Affairs 1.45 Bizarre ER 2.15 The Real Hustle on Holiday 2.45 Claire Richards: My Big Fat Wedding 3.45 Snog, Marry, Avoid? 4.15 Personal Affairs 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Return to Airport 8.00 Hidden Histories 9.30 James May at the Edge of Space 9.00 Crude Britannia: The Story of North Sea Oil 10.00 The Secret Life of the Airport 11.00 The High Life 11.30 The Great British Foreign Holiday 12.30 James May at the Edge of Space 1.00 Crude Britannia: The Story of North Sea Oil 2.00 Time Shift: The Jet Set 2.40 Crude Britannia: The Story of North Sea Oil 3.40 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 America's Got Talent 9.00 Katie & Peter: Stateside 10.00 America's Got Talent 11.00 Film: Kevin and Perry Go Large 15 (2000) 12.40 Supernatural 1.35 America's Got Talent 2.25 Teleshopping 5.25 ITV2 Nightscreen

Sky1

1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.50 Malcolm in the Middle 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Real A&E 9.00 Bones

10.00

Lie to Me 11.00 Bones 12.00 Law & Order 1.00 Road Wars 1.50 Cold Case 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Project Catwalk

GOLD

1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 6.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 Absolutely Fabulous 9.55 dinnerladies 10.35 Jam & Jerusalem 11.15 Steptoe and Son 11.55 Absolutely Fabulous 12.50 dinnerladies 1.30 Jam & Jerusalem 2.05 The New Statesman 2.30 The New Statesman 3.00 Close

TCM

1.00 Welcome to Hard Times PG (1967) 3.00 My Favorite Year PG (1982) 4.45 Disorderlies PG (1987) 6.25 The Spirit of St Louis U (1957) 9.00 In Love and War PG (1996) 11.20 Mutiny on the Bounty 15 (1962) 2.45 Classic Shorts 2008 3.00 Where the Spies Are PG (1965) 5.00 Welcome to Hard Times PG (1967)

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MOVIES

Sky Movies Drama

6.45 Silkwood 15 (1983) 9.00 Mamma Mia! Stage to Screen 9.30 Love N' Dancing 12 (2008) 11.15 August Rush PG (2007) With Freddie Highmore. 1.15 The Movie Geek 1.45 Regarding Henry 15 (1991) With Harrison Ford. 3.45 The American President 15 (1995) With Michael Douglas. 5.45 Freedom Writers 12 (2007) With Hilary Swank. 8.00 Atonement 15 (2007) With Keira Knightley. 10.10 Body of Evidence 18 (1992) With Madonna. 12.00 Moolahland Drive 15 (2001) With Naomi Watts. 2.30 The Astronaut's Wife 18 (1999) With Johnny Depp. 4.30 The End of Eden PG (1996)

Sky Movies Comedy

6.25 Cousins 15 (1989) 8.25 The Muse PG (1999) 10.15 Baby's Day Out PG (1994) 11.55 Year One Special 12.10 Knocked Up 15 (2007) With Seth Rogen. 2.20 Superbad 15 (2007) With Jonah Hill. 4.20 Man of the Year 12 (2006) With Robin Williams. 6.20 Baby's Day Out PG (1994) With Joe Mantegna. 8.00 Knocked Up 15 (2007) With Seth Rogen. 10.15 Superbad 15 (2007) With Jonah Hill. 1 2 . 1 5 American Pie Presents: Beta House 18 (2007) With

John White. 1.50 Man of the Year 12 (2006) With Robin Williams. 3.50 American Pie Presents: Beta House 18 (2007) 5.25 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.10 Letters from Iwo Jima 15 (2006) 8.30 The River Wild 12 (1994) 10.25 Black Sunday 15 (1977) 12.50 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 2.35 In the Line of Fire 15 (1993) With Clint Eastwood. 4.45 Die Hard 18 (1988) With Bruce Willis. 7.10 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 9.00 Road House 18 (1989) With Patrick Swayze. 11.00 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.55 The Hitcher 15 (2007) With Sean Bean. 2.25 The Brave One 18 (2007) With Jodie Foster. 4.30 Seventeen and Missing PG (2006)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Khan v Kotelnik Countdown 9.30 FIFA Futbol Mundial 10.00 European Tour Weekly 10.30 Live European Tour Golf. The International Open. 12.30 Khan v Kotelnik Countdown 1.00 Boots n' All 2.00 Khan v Kotelnik Countdown 2.30 Live Women's International Twenty20 Cricket. England v Australia. 6.00 Premier League World 6.30 Khan v Kotelnik Countdown 7.00 Live Twenty20 Cup Cricket. Derbyshire Phantoms v Lancashire Lightning. 10.30 Khan v Kotelnik Countdown 11.00 Time of Our Lives 12.00 Premier League World 12.30 Twenty20 Cup Cricket 2.30 Khan v Kotelnik Countdown 3.00 Premier League World 3.30 Twenty20 Cup Cricket 5.30 Khan v Kotelnik Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 Twenty20 Cup Cricket 10.00 Boots n' All 11.00 Transworld Sport 12.00 Ocean Adventures 12.30 Twenty20 Cup Cricket 2.30 Ten Pin Bowling 3.30 Live European Tour Golf. The International Open. 5.30 Powerboating 6.00 Ocean Adventures 6.30 IAAF Athletix Weekly 7.00 Transworld Sport 8.00 Golf Night 10.00 European Seniors Tour Golf 11.00 NFL: Total Access 12.00 Khan v Kotelnik Countdown 12.30 Golf Night 2.30 European Seniors Tour Golf 3.30 IAAF Athletix Weekly 4.30 Close

Sky Sports 3

11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 European Tour Golf 3.00 Watersports World 4.00 Aerobics Oz Style 4.30 WWE: Vintage Collection 5.30 Race World 6.30 FIA GT Championship 7.30 Live Rugby League. York City Knights v Oldham Roughedys (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Rugby League 2.30 Close

British Eurosport

7.35 Show Jumping 8.30 Eurosport for the Planet 9.00 International Football 10.00 Live International Women's Football. The Under-17s European Championship third-place play-off (Kick-off 10.00am). 11.45 International Football 1.30 Live International Football 1.30 Live International Women's Football. The Under-17s European Championship final (Kick-off 1.30pm). 3.15 International Football 4.00 International Football 5.00 International Women's Football 7.30 World Rally Championship 8.00 MotoGP 9.30 World Superbikes 10.30 World Rally Championship 11.00 MotoGP 12.30 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Table Tennis 7.00 Live Horse Racing. Coverage from Tipperary and Leicester. 9.00 Table Tennis 10.00 Race World 11.00 Ocean Adventures 11.30 Powerboating 12.00 FIA GT Championship 1.00 Ocean Adventures 1.30 Powerboating 2.00 Race World 3.00 Table Tennis 4.00 Close

Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2009. The fifth day's play at the All England Club. (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 Air Medics. The pilots of the Great North Air Ambulance face the challenge of landing their helicopters on steep and rocky terrain when responding to an emergency in the Lake District, where an injured lone walker has been stranded for hours high on an isolated mountain. They are also called to assist in the rescue of two motocross bikers who have been hurt during an event in a remote part of the Pennines. Narrated by Paul McGann. (T) BBC News; Regional News. (T)

8.00 EastEnders. Patrick is overcome with guilt and tells Denise the truth about Lucas and Trina. Ian cooks a meal for the Masoods, while Christian threatens to drive a wedge between Syed and Amira. (T)

8.30 Celebrity MasterChef. The week's four winning chefs compete in the third quarter-final for two more places in the semis. John Torode and Gregg Wallace present and judge. (T)

9.00 Hotel Babylon. Sam learns a lesson about hotel management when he ignores Julie's advice and allows two rival boxers to stay. After getting caught up in the relationship difficulties of a feuding celebrity couple, Anna finally names her unborn baby's father - a revelation that comes as a big surprise to several colleagues - and a corrupt environmental standards inspector visits Babylon, but quickly arouses suspicion. Drama, guest starring Patrick Baladi and Caroline Catz, with Nigel Harman. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The host is joined by Sacha Baron Cohen's comedy creation Bruno, and Florence and the Machine perform their latest single Rabbit Heart. (T)

11.35 The National Lottery EuroMillions Draw. Cat Cubie presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: The Ring 2 (2004). Horror sequel, starring Naomi Watts. (T) Weatherview. (T)

1.25 Sign Zone: Mary, Queen of Charity Shops. (R) (T) 2.25 Sign Zone: Celebrity MasterChef. (R) (T) 2.55 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 12.00 Wimbledon 2009. The fifth day's play at the All England Club. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The remaining matches on day five at the All England Club. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights from day five of the All England Championships at SW19, featuring third-round matches in the men's and ladies' singles draws. (T) 9.00 Top Gear. The presenters compete in a Fifties-style race from London to Edinburgh. (R) (T) 10.00 Glastonbury 2009. Jo Whitley, Zane Lowe, Mark Radcliffe and Lauren Laverne present coverage of the UK's largest music festival, featuring a look ahead to Neil Young's headlining show. (T) 10.30 Newsnight. (T) Weather. (T) 11.00 Glastonbury 2009. (T) 2.05 The Wire. (R) (T) 3.00 The Wire. (R) (T) 3.55 The Wire. Carcetti continues to stir up trouble for the mayor. (R) (T) 4.55 Closure. (R) (T)

Pick of the Day

Glastonbury 2009 (BBC2, 10pm)

It's long been hailed as the "Mecca" of music festivals, Glastonbury is a must for fans of live music and this year's event looks set to be a real cracker. True, every year the festival is proclaimed to be the "best ever" but, with the likes of Bruce Springsteen, Neil Young and Blur headlining, it really could be the case this year. As ever, tickets were snaffled almost immediately, but for those who missed out, fear not, for Jo Whitley, Zane Lowe, Mark Radcliffe and Lauren Laverne present coverage of the day's music, with Canadian singer-songwriting legend Neil Young the day's headline on the Pyramid stage. If the aging rockster's thoughtful lyrics and falsetto tenor singing voice don't float your boat, popular acts like the Ting Tings, Lady Gaga, Lily Allen, Kasabian and Franz Ferdinand also perform on the two main stages and are likely to feature in this highlights package. But if you want to get the ultimate festival experience without leaving your sofa or getting your favourite trainers caked in mud, why not check out the segment featuring acoustic sets and news from the Pilton site?

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 Brothers & Sisters. (R) (T) 10.50 Desperate Housewives. (R) (T) 11.45 What's in a Word? (R) (T) 12.00 News at Noon. (T) 12.30 The Savoy: Checking Into History. (R) (T) 12.55 The City Gardener. (R) (T) 1.25 FILM: The Kentuckian (1955). Western, starring Burt Lancaster. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine With Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 First Cut: My Father the Mercenary. New series. The story of a soldier of fortune. (T) 8.00 A Place in the Sun: Home or USA? A retired couple decide between Lyme Bay and Tampa Bay. (R) (T) 9.00 Big Brother. Davina McCall presents highlights of the past 24 hours in the house, then reveals the name of the next evictee. (T) 10.00 8 Out of 10 Cats. Actor Alan Cumming appears on the irreverent panel show hosted by Jimmy Carr, in which two teams answer questions based on opinion polls. (T) 10.35 Big Brother. (T) 11.10 The Simpsons. (R) (T) 11.40 Russell Brand's Ponderland. (R) (T) 12.10 4Music: Bruce Springsteen: A Superbowl Journal. (T) 12.40 4Music: JD Set Presents Eugene McGuinness. (T) 12.55 Poker. 1.50 Big Brother Live. 4.00 Afterworld. (R) (T) 4.25 FIVB Beach Volleyball. (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Patch. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Thomas & Friends. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: No Ordinary Baby (2001). Drama, starring Bridget Fonda. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Top Trumps: All Terrain Vehicles. The Army's toughest off-road vehicle versus a glass fibre hovercraft. (R) (T) 7.30 Five News Update. (T) 8.00 Air Force Afghanistan. Taliban insurgents launch a night attack on Kandahar air base. (T) 8.00 Five News at 9. 9.00 NCIS. Kidnappers strike at Hallowe'en. (R) (T) 10.10 Law & Order: Criminal Intent. Goren and Eames travel to Vietnam. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Cal. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Divided. Quiz show, hosted by Andrew Castle, in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. The clock is ticking and for each second they spend deliberating, the prize fund drops, and they will only win the money if they can all agree on how to divide it at the end of the game. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Diane becomes worried about the extent of Andy's illness when she finds Butler's Farm in a state of desolation, with the farmer nowhere to be seen. Lexi is overjoyed to discover she is pregnant, prompting Carl to confess to Jimmy his doubts about having another child, and Pollard warns Val that the factory may have to close. (T)

7.30 Coronation Street. Molly and Kevin's confused feelings lead to problems for both at home as they argue with spouses Tyrone and Sally. Sure he is only interested in gloating, Ted bans David from attending Gary's trial, Maria and Tony share an embarrassing moment while discussing childbirth, and Jesse visits Eileen in the Fivers. (T)

8.00 Airline. An easyJet frequent flyer is late for the last scheduled departure of the day to Malaga and it is left to supervisor Helen Tyrrell to demonstrate just how valued a customer he is. (R) (T)

8.30 Coronation Street. Kevin and Molly acknowledge their mutual attraction and take their chance to steal a moment alone. David is delighted at Gary's imprisonment, but his glee only drives Tina closer to Jason. Eileen's plans for a night of passion are threatened, while Maria and Tony hope to bring on her labour. (T)

9.00 Doc Martin. Louisa faces off with love rival Carrie in a battle for Martin's affections, and romance is in the air for Aunt Joan, who gains an admirer in the form of Edward. Elsewhere, Al makes a surprise reappearance and PC Penhale celebrates his birthday. Martin Clunes stars, with Joe Absolom and Louise Delamere. (R) (T)

10.00 News at Ten and Weather. (T)

10.25 London News and Weather. (T)

10.35 FILM: Dirty Harry (1971). Police thriller, starring Clint Eastwood. (T)

12.30 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 1.25 FILM: Tremors 3: Back to Perfection (2001). Comedy adventure sequel, starring Michael Gross. (T) 3.05 ITV Nightscreen. (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamadas da Vida 1515 Sangue do Meu Sangue 1630 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Prémios Talento 2008 2300 Ocean's Twelve, film 0100 Film 0300 Prova de Amor 0430 Teleseles

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Samantha Who? 2200 News 2240 Brothers and Sisters, series 2330 Diga Lá Excelência 0300 5 Para a Meia-Noite 0115 Bastiões 0145 Palcos: Wok, Blues Man Group 0330 Euronews 0500 Sociedade Civil

SIC

0600 SIC Notícias 0800 SIC Kids 0900 Teen Beat 1100 Fátima 1300 News 1415 Mulheres Apaixonadas 1530 O Cravo e a Rosa 1645 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Camilo, o Presidente 2200 Salve-se Quem Puder 2300 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Vozes na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euronews 2200 Dêixa Que Te Leve 2245 Flor do Mar 2300 Sentimentos 0015 Olhos nos Olhos 0045 Troglodyte, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleseles

Best of the Rest

BBC3

7.00 Glastonbury Live 9.00 Glastonbury Live 10.00 EastEnders 10.30 Glastonbury Live 12.30 Family Guy 12.55 Family Guy 1.15 Two Pints: Fags, Lads and Kebabs 2.15 Snog, Mary, Avoid? 3.15 Bizarre ER 4.15 The Real Hustle on Holiday 4.35 Two Pints: Fags, Lads and Kebabs 5.15 Closure

BBC4

7.00 World News Today 7.00 Weather 7.30 In Search of England's Green and Pleasant Land 8.00 Mendelssohn, the Nazis & Me 9.00 Glastonbury 2009 10.00 Soul Britannia 11.00 The Chaser's War on Everything 11.30 Flight of the Conchords 12.00 The Great British Foreign Holiday 1.00 Mendelssohn in Britain 2.00 Mendelssohn, the Nazis & Me 3.00 Soul Britannia 4.00 Closure

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 Superize Teens: Can't Stop Eating 9.00 America's Got Talent 10.30 Katie & Peter: Stateside 11.30 Coronation Street 12.00 Coronation Street 12.30 America's Got Talent 2.00 Teleshopping 5.00 ITV2 Nightscreen

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THE PORTUGAL NEWS

Sky1

1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Oops! TV 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Ooops! TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Guinness World Records Smashed! 9.00 Ross Kemp in Search of Pirates 10.00 Martina Cole's The Take 11.00 Martina Cole: Girls in Gangs LA 12.00 Road Wars 1.00 Road Wars 1.55 Cold Case 2.50 Bite Size Brainiac 2.55 Stargate SG-1 3.50 Stargate SG-1 4.40 Airline 5.05 Project Catwalk 5.35 Cruise with Stelios: Caribbean

GOLD

1.00 dinnerladies 1.40 Steptoe and Son 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 Porridge 8.20 Only Fools and Horses 9.00 Victoria Wood at the Albert Hall 11.30 The Likely Lads 12.05 Porridge 12.45 Waiting for God 1.25 Close Up 1.35 Waiting for God 2.10 The New Statesman 2.35 The New Statesman 3.00 Closure

TCM

1.00 Which Way to the Front? PG (1970) 3.00 The Champ PG (1979) 5.30 The Girl from Missouri PG (1934) 6.55 The Gumball Rally PG (1976) 9.00 Tin Cup 15 (1996) 11.45 The Rain People 15 (1969) 1.45 The Oklahoma Kid U (1939) 3.05 Mogambo PG (1953) 5.00 Which Way to the Front? PG (1970)

The Disney Channel

Kids' programmes from 7am, except: 10.00 Film: Darnapped PG (2009) Comedy adventure, starring Emily Osment.

Sky Movies Drama

6.15 Rumble Fish 18 (1983) 8.00 Phenomenon PG (1996) 10.15 American Graffiti PG (1973) 12.15 One True Thing 15 (1998) With Renee Zellweger 2.30 Wah-Wah 15 (2006) With Nicholas Hoult. 4.15 King of the Hill 15 (1993) With Jesse Bradford. 6.00 The Illusionist PG (2006) With Edward Norton. 8.00 The Mexican 15 (2001) With Brad Pitt. 10.10 We Own the Night 15 (2007) With Joaquin Phoenix. 12.10 Killer: A Journal of Murder 18 (1995) With James Woods. 1.50 Titus 18 (1999) With Anthony Hopkins. 4.35 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

7.05 The War of the Roses 15 (1989) 9.05 Romancing the Stone PG (1984) 11.05 House of the Devil PG (1991) With Steve Martin. 12.50 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 2.50 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 4.35 The Brothers Solomon 15 (2007) With Will Arnett. 6.15 House of the Devil (1991) With Steve Martin. 8.00

Forgetting Sarah Marshall 15 (2008) With Jason Segel. 10.00 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 12.00 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 1.45 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 3.30 The Brothers Solomon 15 (2007) 5.15 Project: ALF PG (1996)

Sky Movies Action/Thriller

6.10 35MM 6.40 Final Analysis 15 (1992) 8.55 Three 15 (2005) 10.45 Twister PG (1996) 12.50 Play Misty for Me 18 (1971) With Clint Eastwood. 2.45 Jaws 3 12 (1983) With Dennis Quaid. 4.40 Daylight 12 (1996) With Sylvester Stallone. 6.45 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 9.00 Die Hard 4 0.15 (2007) With Bruce Willis. 11.10 Predator 18 (1987) With Arnold Schwarzenegger. 1.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 3.15 Magnum Force 18 (1973) 3.20 Angel Flight Down PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Khan v Kotelnik Countdown 9.30 Transworld Sport 10.30 Live European Tour Golf. The International Open. 12.30 Khan v Kotelnik Countdown 1.00 Twenty20 Cup Cricket 3.00 IAAF Athletics Weekly 3.30 Khan v Kotelnik Countdown 4.00 Premier League World 4.30 Live European Under-21s Championship Football. The opening semi-final. 7.00 Live European Under-21s Championship Football. The second semi-final. 10.30 Khan v Kotelnik Countdown 11.00 Time of Our Lives 12.00 Speedway 12.30 European Under-21s Championship Football 2.30 Khan v Kotelnik Countdown 3.00 Speedway 3.30 Twenty20 Cup Cricket 5.30 Khan v Kotelnik Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 Twenty20 Cup Cricket 11.00 Rugby League 1.00 European Tour Golf 3.00 Ocean Adventures 3.30 Live European Tour Golf. The International Open. 5.30 Live Twenty20 Cup Cricket. Gloucestershire Gladiators v Somerset Sabres. 9.00 Speedway 9.30 Khan v Kotelnik Countdown 10.00 Light Lines 11.00 Twenty20 Cup Cricket 1.00 Speedway 1.30 Khan v Kotelnik Countdown 2.00 Time of Our Lives 3.00 Under-21s European Championship Football 5.00 NFL Total Access

Sky Sports 3

6.30 Race World 7.30 Table Tennis 8.30 Premier League World 9.00 Premier League Years 11.00

Aerobics Oz Style 11.30 Racing News 12.00 FIA GT Championship 1.00 Race World 2.00 Ocean Adventures 2.30 FIA GT Championship 3.00 Live International Cricket. West Indies v India. 11.30 WWE: Late Night - Smackdown 1.30 WWE: Late Night - Bottom Line 2.30 Premier League Years 4.30 Tight Lines 5.30 Speedway

British Eurosport

7.30 Inside WTC 8.00 World Rally Championship 8.30 International Football 9.15 International Football 10.00 International Women's Football 11.30 International Football 12.00 International Football 4.15 International Football 5.00 International Football 6.00 Strongest Man 7.00 Poker 8.00 Live Boxing. Dennis Bakhtov v Steffan Kretschmann. 10.00 World Rally Championship 10.30 World Superbikes 11.30 Arm Wrestling 12.00 World Rally Championship 12.30 Closure

Sky Sports Xtra

1.00 Table Tennis 2.00 Premier League Years 4.00 NFL: Total Access 5.00 WWE: Raw 7.00 Tight Lines 8.00 Golf Night 10.30 European Seniors Tour Golf 11.30 NFL: Total Access 12.30 Tight Lines 1.30 Golf Night 4.00 European Seniors Tour Golf 5.00 Ocean Race 5.30 Powerboating

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| 1000 x 1,60 € | 1000 x 1,90 € | 1000 x 2,00 € |

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|------------------------------------|------------------------------------|----------------------------|
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| 100 x 2,50 € | 100 x 3,50 € | |
| 250 x 2,30 € | 250 x 3,30 € | |
| 500 x 2,20 € | 500 x 3,20 € | |
| 1000 x 2,00 € | 1000 x 3,00 € | |

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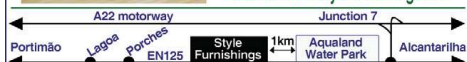
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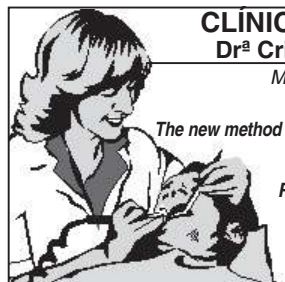
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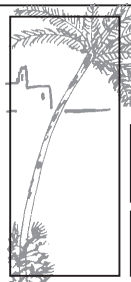
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RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

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CHAPEL OF ST. PIUS X, PRIORADO S. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England): Rua S Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School.

Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Amiega, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885. www.standrews-lisbon.com.sapo.pt
CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboteira Corpe (Praceta Almada Negroiro, Lote 213 Loja D1 do Exército 11 A); Chelas Corpe (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corpe (Bairro de Laranjeiras). At all these corpes: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon 21 805708.

IGREJA DE CRISTO (CRISTA)
Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel: 21 2461596).
LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel: 213 931 130 Fax: 21 388 4304 e-mail: celesboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School
JEHOVAH'S WITNESSES - Public Talk in English, Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11.30am St Luke's Monte de Palhaqueira, Gordões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959.9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almarcil. Contact Rosie 289 328 302.8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincents-algarve.org
ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers.10.30 am

Community Centre, Almarcil (ASCA - Associação Social e Cultural de Almarcil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaitsalgarve.org. See our website for dates of Services of Holy Communion. www.fontevida.org

CENTRO CRISTÃO FONTEVIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almarcil - 6.30pm. at Four Seasons Country Club- Quinta do Lago - Almarcil. Further information, Grisélda Neto on 965168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-D, Portimão) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/ict.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.15. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in

English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An international English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel: 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESGATE DE VIDA, LAGOS. Raising up a new generation according to Eph.4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking. Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

ROMAN CATHOLIC ST. ANDREWS, PENINA
R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

ALL NATIONS, Todas as Nações, All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Luke and Shelley 913362221

EREV SHABAT - For services Tel: 282 416710
JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25. Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279.

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto(across

from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 623 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportos.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasso da Gama No: 675-2 E Ramalde), Service 10am, Salvation

Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa next to CERCIP. 2520 Peniche,Obidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

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6pm • Holy Communion
Convento de S. José • LAGOA

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Assistant Priest: Rev'd Jackie Nevill T: 914 781 453
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Please enquire about Baptism Services, Marriage

For directions, call 282 380 311 any time

Following the Rabbi

During New Testament times, Jewish boys attended rabbinical school until they turned 13. Only the brightest students were chosen to continue their education after that age in an intensive training program that involved following the local rabbi. In Acts 22:3 we learn that Paul was one of the chosen. He studied "at the feet of Gamaliel" and was taught according to the perfect manner of the law of the fathers. This special tutoring was an honor given to him because of his intelligence and academic ability. Those invited to follow the rabbi went wherever he went, ate what he ate, and modeled their lives after his. Those not invited to follow him became carpenters, shepherds, fishermen or other tradesmen.

It has always fascinated and encouraged me to realize that Jesus did not choose as His followers those who society considered the elite or "most likely to succeed." He did not choose the most learned men, or the wealthiest. Instead He chose ordinary men who lived simple lives, men who the rabbi had rejected when choosing his own prestigious trainees. Ordinary men. Men of common birth and ordinary circumstances were chosen to become followers of the ultimate rabbi. And when they obediently answered His call, they still had no idea who it was they had chosen to follow. These twelve ordinary men did not respond to Christ's challenge hoping to someday be famous. If that had

been their goal, they would have been sadly disillusioned once they learned that suffering and ridicule would be their lot, just as it was their master's. By all appearances in Scripture, they did not even realize that the one who called them to follow was the Son of God himself. For no apparent earthly reason their spirits responded to the authority with which Christ spoke and though they probably could not have explained their actions, they obediently left their nets and followed Him.

"Come, follow me," Jesus said, "and I will make you fishers of men." (Matthew 4:19) Without hesitation each man obeyed and their lives were never the same. Jesus extends this same invitation to you and me and to all who are willing to hear His call. His invitation comes not because we are the best or brightest or because there is anything in us that makes us worthy to follow Him. You see, Christ specializes in calling ordinary individuals and infusing them with extraordinary power. He chooses the weak things of the world to confound the wise. Today as in those days when He walked on earth, His call is simple. He invites us to follow Him, to model our lives after Him and join Him in the task of rescuing people in His name.

*More information about how to have a relationship with God can be found at www.rbc.orgpersonal_relationship_with_god.page

su

do

ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | 8 | | 1 | 4 | | 2 | |
| | | 7 | 3 | | 1 | | | |
| 8 | | | | | | | | 6 |
| | | | | | 6 | 9 | 1 | |
| | | | | 1 | | | | |
| | 3 | 6 | 9 | | | | | |
| 8 | | | | | | | | 5 |
| | | 4 | | | 3 | 7 | | |
| 2 | | 9 | 6 | | 4 | | 8 | |

Last weeks solution:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 6 | 8 | 9 | 4 | 3 | 1 | 7 |
| 8 | 4 | 3 | 6 | 7 | 1 | 5 | 9 | 2 |
| 9 | 7 | 1 | 2 | 3 | 5 | 4 | 6 | 8 |
| 4 | 6 | 8 | 9 | 1 | 7 | 2 | 5 | 3 |
| 7 | 9 | 2 | 3 | 5 | 8 | 6 | 4 | 1 |
| 1 | 3 | 5 | 4 | 6 | 2 | 7 | 8 | 9 |
| 5 | 1 | 9 | 7 | 2 | 6 | 8 | 3 | 4 |
| 3 | 2 | 4 | 5 | 8 | 9 | 1 | 7 | 6 |
| 6 | 8 | 7 | 1 | 4 | 3 | 9 | 2 | 5 |

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

| | | | | | | | | |
|----|---|---|--|---|----|----|--|--|
| 1 | 2 | 3 | | 4 | 5 | 6 | | |
| 7 | | | | | 8 | | | |
| | | | | | 9 | | | |
| 10 | | | | | | 11 | | |
| | | | | | | | | |
| 12 | | | | | 13 | | | |
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| 19 | | | | | | | | |
| 22 | | | | | | 23 | | |
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| | | | | | | | | |
| 24 | | | | | | | | |
| | | | | | | 25 | | |

ACROSS

7. Shares (6)
8. Visitor (6)
10. Uniform (7)
11. Concise (5)
12. Small bay (4)
13. Tell-tale (5)
17. Memento (5)
18. Daybreak (4)
22. Perfect (5)
23. Eager desire for wealth (7)
24. Stress (6)
25. Bog (6)

DOWN

1. Largest bird (7)
2. Pardon (7)
3. Aptitude (5)
4. Warlike (7)
5. Vigilant (5)
6. Command (5)
9. Head (9)
14. Effective (7)
15. Main city (7)
26. Vehement (7)
19. Essential (5)
20. Educate (5)
21. Truck (5)

Answers Crossword Nº 245

Across: 1 Tread; 4 Crammed; 8 Breathe; 9 Jest; 10 Eat; 11 Delusion; 13 Bare; 14 Knee; 16 Normally; 17 Late; 20 Adieu; 21 Matelot; 22 Nursery; 23 Bated.

Down: 1 Table Mountain; 2 Erect; 3 Duty; 4 Clever; 5 Adjourn; 6 Massive; 7 Disinterested; 12 Creature; 13 Barrier; 15 Clumsy; 18 Allot; 19 Stub.

Crossword Nº. 246

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômar for details of our work. Tel: 962 633 811.



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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkeys sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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Health and Beauty

CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

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DENTAL SURGERY Assistant required in central Albufeira. Experience would be an advantage. Salary according to experience. Must be able to speak English and Portuguese. Please tel. No. 289 543 545 or e mail paul.buick@gmail.com

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Faro Mayor candidate up-close with ex-pats



In an attempt to persuade foreign nationals to exercise their right to vote in municipal elections, Faro Mayor Candidate Macário Correia, current Mayor of Tavira, summoned a meeting dedicated to ex-pats living in the Santa Barbara de Nexe area to listen to their thoughts and complaints as well as share his plans for Faro.

Around 50 locals turned up for the meeting, held at 18h00 Monday evening in Santa Barbara's Parish Hall.

Macário Correia, who once headed the Ministry for the Environment in Lisbon, has completed four, four-year mandates as Mayor of Tavira and now has his sights set on Faro. The changes and developments he has brought to Tavira over the past 12 years have not gone unnoticed and are a subject of praise across the Algarve.

For almost two hours Mayor Correia answered questions in English, posed by foreign residents, who are hopeful of changes in Faro on various levels. With a limited vocabulary he explained his vision for the municipality of Faro, should he be elected.

"If Faro becomes a better city it will improve the whole Algarve", he told the listeners, saying "I think I have the experience, the capacity and the vision to elevate Faro to its status as Capital of the Algarve".

Speaking to the ex-pats he guaranteed his intervention in a number of areas, including Faro's "serious" debt, bureaucratic administration within the Town Hall, the controversial 'white elephant' stadium that the city shares with Loulé, roads and tourism.

"Big problems have simple solutions, step by step and with hard work".

One of the main complaints centred on the quality of administrative services ex-pats were offered by Town Hall employees, of which Faro has around 1,200.

"We need to change the bureaucratic system" he agreed, using English-speaking employees in Tavira Town Hall as an example of how the foreign community could be better served by Portuguese civil servants. "I have the dynamics to change administration", he vowed.

"Faro needs hotels in its historic centre, hotels for business meetings and near the stadium", he continued, explaining, "The stadium could be better used, for example, for training, for football clubs, but it needs a hotel nearby and perhaps other sports facilities, like a golf course".

Of the stadium Mayor Correia furthered "The Mayor of Loulé is my friend, from the same political party, same political family, so I certainly think it would be possible to recuperate it".

Macário Correia's other plans to improve Faro's accessibility and appeal include a new bridge connecting Faro to its island and small hotel units further inland, to attract tourists to the region's rural areas.

He also agreed that the population in general needed to be more involved in what happens within Faro. "A good integration within the local community is a good participation on a political level" he reasoned, urging the foreigners to use their right to vote.

More specifically, of the Santa Barbara area, Macário Correia said "it is a very nice village but it needs better infrastructures. Firstly, water treatment needs improving, to upgrade the general quality of what the area offers. Then the roads need improving. Santa Barbara's historic centre

needs re-organizing, with another road and better parking. Then more needs to be done for young people. This village doesn't have a sports area or anything for youth".

Macário Correia estimates Faro to have a foreign population of around 2,000 legalized residents, and believes these could play a decisive role in elections.

During previous campaigns for Tavira Town Hall he held similar meetings with ex-pats of various nationalities and found them to be successful.

Talking to **The Portugal News** after the meeting, Macário Correia reiterated "Faro has a very serious financial problem, so resolving that is my first priority, as will be improving infrastructures, like the roads".

Of the meeting, which he confirmed was intentionally aimed at ex-pats, he explained "foreign residents tend to have specific problems, like the language barrier and little knowledge of how local politics work, and this needs dedicated attention. For example, a Portuguese citizen does not need explaining how to vote or how to obtain an elector's card".

Long-term foreign resident Jim Glasbrook, who moved to the Algarve in 1980 and who helped organise Monday's meeting, commented to **The Portugal News** "we are used to hearing ex-pats complain about things but nothing is ever done about it. I don't think Portuguese politicians have ever been interested".

Of Macário Correia he said



Macário Correia, Mayor of Tavira and candidate for Faro Mayor in this year's elections, at the meeting for ex-pats in Santa Barbara de Nexe on Monday.

"He is a bright boy and he made a tremendous difference to Tavira".

Approval was an opinion shared by Mr. and Mrs. Coombs, also local residents.

After the meeting Mr. Coombs told **The Portugal News** "I thought it was very good and very helpful. I think it is the first time a Portuguese Politician has been prepared to come and meet ex-pats. He took the trouble to come here from Tavira", he said, adding, "of course we will be voting".

His wife concluded "we put a lot of money into this region and we need a voice. This young man is prepared to listen".

Any foreign national can participate in municipal elections as

long as they are the holder of an authorized residency card. If you would like to participate in your local elections, visit your Town Hall or parish centre, with your residency card, to enrol.



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